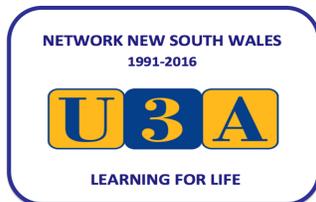


Be Part of the Wider U3A Community

Newsletter of the U3A Network NSW Inc.

www.nsw.u3anet.org.au



Also in this issue

- ❖ **President's Column**
- ❖ **What some U3As are doing**
- ❖ **Everything you need to know about Zoom**

... and more



Anzac Day 25th April

Editor – Ainslie Lamb
editor@nsw.u3anet.org.au

Life in the Time of Coronavirus-19

We live in extraordinary times. But the coronavirus pandemic has done nothing to stem the thirst of U3A members across the State to continue learning and sharing their knowledge and experience. Some of this experience is described in this Newsletter and may provide ideas for other U3As.

Several U3A groups are trying video conferencing as a replacement for live classes, as the coronavirus pandemic has forced closure of their usual venues. Those U3As more experienced and proficient in the use of Zoom are providing technical advice and support to other U3As newly accessing it: see the articles by Graeme Eggins in this issue.

Others are maintaining regular contact through email to send and receive lessons in a range of subjects. Physical exercise and yoga is promoted through YouTube clips. Virtual tours are undertaken of major international galleries and museums. Facebook pages provide an avenue to upload photographs and to share practical advice about topics such as birdwatching and photography.

Welfare officers in U3A groups keep regular contact with members who live alone to maintain contact in times of social isolation, especially those not familiar or comfortable with modern technology. Electronic bulletins keep members regularly informed of online activities and other information of general interest in the wider world.

It is also an opportunity also for U3A Online, which offers over 70 tutored courses, to fill some of the need for structured study in a range of lifestyle, science, world affairs and history courses: see further at p.8.

From the President's Desk

We face an unknown future. Before Covid-19 (BC19) we knew what our days would deliver but now we live with restrictions and without so many of our usual expectations. After Covid-19 (AC19) we face the unknown and hope our lives will get back to 'normal'. But what is that 'normal' going to be?



Life is a mystery. It is a journey of experiences to challenge and enrich our lives. We have faced many hurdles but none so challenging as Covid-19. Now our life is on 'pause' and we, from our places of isolation and distance, must reinvent our daily routine. No longer can we move without restrictions and make impulsive choices. Now we must abide by the Government's directives or pay the health or financial penalty. We miss contact with our family and friends, and forgo our many activities be they physical, mental or social, especially our U3A courses.

But our wonderful U3A committees and course leaders are delving into the different ways of keeping us connected and active. Newsletters, Trivia questions, phone calls and courses via Zoom are all being developed to overcome the restrictions we now face. Online learning is another avenue to explore with plenty of free courses of offer via the internet and courses offered by U3A Online. Our U3As will not be beaten but will rise from the ashes of this pandemic stronger, more creative and united. Together we will continue to make a difference in our communities.

Best wishes , *Laurene Mulcahy*

COVID-19 (coronavirus) scams

Unfortunately, scammers are taking advantage of the spread of coronavirus to exploit and play on the fears of consumers across Australia. Scamwatch has received hundreds of coronavirus-related scam reports since the outbreak. Common scams include phishing for personal information, online shopping, banking and superannuation scams.

Other scams include phishing emails and phone calls impersonating the World Health Organisation, government authorities, including health authorities and the ATO, and legitimate businesses – including travel agents and telecommunications companies.

- Don't click on links from sources you don't know. They could download viruses onto your computer or device.
- Don't open attachments or click on links in emails, text messages or social media messages you've received from strangers — just press delete.
- Never respond to unsolicited messages and phone calls that ask for personal or financial details — just press delete or hang up.

If you think you have been scammed, you can make a report on the Scamwatch website, and find more information about where to get help. <https://www.scamwatch.gov.au/news/covid-19-coronavirus-scams>

What some U3As are doing

Southlakes U3A

From Susan Coggan

Having implemented the new Network Constitution, which allows for a committee of 7, we were in a good position to act quickly and innovatively to these interesting times.

Immediately the committee contacted all non-email members to ensure their safety and start a Phone Tree Buddy system. Within 3 days after course cancellations, “*Staying in Touch*”, a 2-page weekly newsletter developed to help maintain the group connection and further engender a sense of community, was sent to all members. Member feedback confirms the newsletter is an absolute winner.

By the 3rd week:

- The Book Lovers, Photography, Brain Ticklers and French for Travellers course leaders were using email to teach classes.
- A member of the Painting and Drawing Art Group created a website for fellow students so they could upload their work for critiquing by their course leader.
- The committee held its first Zoom meeting (with voting, lipstick and coffee protocols)
- The IT Officer/Webmaster was organising Webinar training for leaders
- A retired couple wrote an article *Times in Adversity* for distribution to our members, to send a message of hope and practical ideas. The article is available on our website.

Next to roll out, for the incredible price of 30 cents a member, the committee purchased 5 courses from Online U3A, to provide members with some interesting learning options.

Other opportunities are in the pipeline and will continue to be rolled out as we move through the social distancing isolation period for however long that may be.

Our grand finale at the end of this period, just prior to resumption of classes and activities, will be a picnic sing-a-long to celebrate the sense of our connection and strength of community.

U3A Canberra

By Alex Gosman

The U3A Weston Book Club, established nearly thirty years ago is running two email streams to maintain contact. In the first, *Book of the Week*, a nominated discussant reviews a book, which members then discuss. The second email stream, *Conversation*, covers general reading matters (e.g. new books, books to read in self-isolation). The Club is also considering on-line conferencing facilities.

The *Seminal Years of Music* course general email on music is receiving a lot of attention. Members contribute articles/items of interest - many pandemic parodies (to the tunes of “*I can’t get no satisfaction*” and “*Bohemian Rhapsody*”), cover versions etc. A second email stream will be introduced to enable members to nominate their Self Isolation Discs – similar to BBC radio program Desert Island Discs - where a guest nominates the 8 records they would take to self isolation. One of the convenors and well known Canberra music buff, David Kilby will kick off this selection.

Some language courses are using free video conferencing facilities Zoom and Jitsi. They find it works relatively well for small groups. Google Hangout and Moodle are also used.

Bathurst U3A

From Allison Aspden

The tutor teaching ‘Conversational Spanish’ has set up an email group with students (about 8 members). This tutor emails ‘homework’ to the students. They undertake the homework - email their effort back to him. And he continues on, sending out the next Lesson.

Ballina/Byron U3A

From Sue Bell

Our wonderful Tutors have come up with a number of ways to stay connected with their classes:

- Cryptic Crosswords are being emailed out to participants on a weekly basis;
- Birdwatchers are receiving 5 pictures of unnamed birds with information about where the pictures were taken. Members then have to identify the birds;
- Our Exploring Books and Creative Writing groups are circulating class members reports and writings for comment;
- Those learning Italian are receiving exercises by email;
- Our craft group is circulating a weekly newsletter with news from participants, jokes and recipes; and
- Even our Belly Dancing teacher is sending out You Tube links for members to practice with.

We run a couple of classes at Mullumbimby and they are also staying connected:

- For Music Appreciation, various pieces of music are sent fortnightly in the form of a link for the members to access and listen to together with a short explanation and discussion; and
- For Poetry, members contribute poetry for group discussion and enjoyment on a regular basis. All poems submitted are collected in a folder for eventual printed distribution when U3A Ballina/Byron recommences classes.

Newcastle U3A

By Wendy Hammond

Five members of our ukulele group from the Tea Gardens/Hawks Nest area have been attending the Music Theory 408 course in

New Lambton. Once the lessons were suspended, we quickly decided to create a Skype group so we could continue to study together.

Our initial Skype hook-up went well as we reviewed the course from the very beginning to ensure everyone was clear on the lessons so far. Our instructor, Susan Coggan, has been sending out helpful instructions so that we can continue progressing through our worksheets with further explanations, resources and group emailed answers to any questions. These have been very helpful and much appreciated.

Members have been able to ask questions where they are feeling lost. Other members have been able to respond to those questions. Sometimes words are lost if more than one person is talking as we learn how to efficiently use the technology, to have only one person talking at the same time. However, we have discovered that it is impossible to play along together because of a delay in transmitting just a few seconds out of sequence so it is only good for chatting and theory.

U3A Cygnet (Tas)

By Glenn Sanders

U3A Cygnet has shut classes for the duration, but we are staying in touch with most of our members by Mailchimp emails. I've started a regular "Things to do" weekly message and we are encouraging all members to contribute.

Our Writers Group coordinator is sending out weekly emails with links to video lessons he's found on the web, with instructions to his members on exercises they can do and email to him for comment.

Our Book Club members are exchanging reviews etc via email and may switch to Facebook. At the moment we have only one Facebook group but may add specialised ones later for Book Club, and our very active Garden and Gourmet people.

Northern Illawarra U3A

From Ainslie Lamb

We have about 250 members, most but not all on email. Our first response to the cancellation of our venues for classes was to consider a range of options available to enable members to stay connected and to continue to enjoy learning activities. A newsletter advising of these options was promptly issued, and will continue with updates monthly. Older members who live alone are regularly contacted by phone.

Several of our Special Interest groups are maintaining regular email contact to continue to share their interests – the Brain Games group has doubled its membership overnight! The Classics Book Club has adopted Zoom to conduct its monthly discussions, but other groups are waiting to see how this works.

Members are encouraged to develop new skills of drawing and painting, making music, and creative writing, utilising online educational sources, with the prospect of a *Coronavirus Exhibition and Concert* when normal programming resumes.

In Times of Adversity

Stephen, a member of Southlakes U3A shares his thoughts garnered by experience in Lagos, Nigeria in the period of the Western African Ebola virus epidemic (2013–2016). He reminds us that this was the most widespread outbreak of Ebola virus disease (EVD) in history. Worldwide, 28,646 people were infected and 11,323 died.”

Download *In Times of Adversity – a Nigerian experience*. at <https://nsw.u3anet.org.au/urgent-alert/>

Stephen’s sharing of his personal experience and thoughts about the process we are ‘journeying through’ will add a dimension to our first-world event by looking at a third-world experience. He gives us some “takeaways” that maybe helpful for us all to ponder in our current situation.

Maintaining an Exercise Routine

Several U3A’s use the Network DVD *Balance’n’Bones* as a regular exercise class. With enforced isolation, demand for the DVD from individuals has increased so members can do their exercises at home, like Ian and his pet cockatiel ...



The exercise program was devised and is presented by Beth Denny, an experienced and qualified fitness instructor, especially for older people, to strengthen bones and balance.

Individual copies of the DVD are available for sale at \$25 each, inclusive of postage. For copies, contact Ainslie Lamb, 12 Station Street, Corrimal NSW 2518, enclosing a cheque or money order payable to the *U3A Network NSW Inc*, for the relevant amount. If you prefer to pay by direct deposit, contact ainslie2518@gmail.com for further information.

The next edition of *Newslink* will be out in June. Keep sending in stories of how your U3A is continuing to operate. Deadline for copy is 31st May. Send to ainslie2518@gmail.com

U3A Zooms back into life

by Graeme Eggins, Northern Rivers U3A

How Zoom works

The U3A leader (called a host) registers with Zoom and books a virtual room at a convenient time and date. It is much the same as booking a reception room in a hotel for a wedding.

(To minimise confusion, tutors may prefer to schedule online meetings at exactly the same time and day of the week as the real meetings have been held pre-Coronavirus.)

The host then sends an email inviting students to attend and giving them a link to use on that day. When students click on that link they are prompted to download Zoom to their own device if they have not already done so.

Next, the student's screen changes to reveal a chequerboard of rectangular windows containing a live view of all the students so far assembled.

As more students log in, the programme automatically reduces the size of each person's screen so that each become progressively smaller.

On most tablets, some participants will be moved to the next screen so that individual's faces don't become too small.

Alternatively, each viewer can choose a different view, say of the speaker of the moment taking up two thirds or more of the screen and a film strip of views of everyone else rolling across the top.

Everyone attending can see, hear and talk to all the others.

You can imagine the shambles if you have a class of say 15 people with everyone talking or gesturing at once. Luckily the meeting host has power to switch off all or individual microphones if they think the meeting is becoming chaotic.

Meetings don't have to be visual – you can have audio-only chats.

How it all started

Zoom began nine years ago as a communications tool for big business and big education. Social distancing has seen its popularity soar..

Why? Because it's cross platform and offers a free version. It doesn't matter if you are using a desktop, a laptop, a tablet or smart phone, Zoom will work for you. It runs on the Windows and Apple operating systems, plus Linux.

It is comparatively stable. If a student is on a poor Internet connection, they can cut their video link and just listen in and comment.

The free version of the programme allows you to host up to 100 participants (you can have unlimited 1 on 1 meetings), run video conference for up to 40 minutes each session for no charge and schedule an unlimited number of meetings.

You pay a monthly fee for longer single sessions and bonus features such as hosting up to 1,000 video participants and 10,000 viewers.

The future

Classes may face download problems in the future as more and more groups like U3A join traditional video conferencing users, putting increasing pressure on existing networks.

Members have been invigorated by online meetings. In my admittedly limited experience I have found online meetings to be an absolute boon for members who feel trapped in their homes by Covid-19 fears, unable to go out and mix with the U3A classmates.

By going online, they can see one another and share all in-jokes and chat that makes U3A activities so enjoyable for we older people.

U3A specialist classes with fewer than 25 members seemed most likely to benefit from using Zoom. For example, groups discussing

books, languages, investment, genealogy, photography, science and technology.

Pros and cons of Zoom

Pros include:

- Free version suits most U3As
- Easy to use and join. Get Zoom apps for portable devices though Google Play or the Apple App Store. Download desk/laptop versions from zoom.us
- Suits both NBN and ADSL2 connections
- Ability to send text messages and to all or just one or two of your fellow students
- Exchange files and photos with others during meetings
- Zoom allows participants to drop in a background of their choice. Some of the more elaborate backgrounds Zoom offers as a default can cause screen distortion if participants hold up an item to show to others online.
- Zoom offers much helpful information online for hosts and participants. Access Zoom's training Webinars on

<https://support.zoom.us/hc/en-us/articles/360029527911>

(Class leaders are wise to encourage students to have practice sessions with friends and relatives before trying U3A online classes).

Cons include:

- The internet may be intermittent. By the end of March *The New York Times* reported that the volume of messages sent via Facebook and Instagram had grown more than 50 percent in countries that ordered people to stay home amid the coronavirus outbreak. Providers are rushing to add extra capacity.
- Zoom and similar programmes may deplete batteries in some tablets and smart phones quite quickly. Plug into mains power if possible.

- People with slow/intermittent Internet connections may experience problems. Uses may counter by shutting down unnecessary apps/tabs/open sites in browsers to maximise download speed. A personal hot spot may be used but can be expensive.
- Smart phones are fine but older people usually prefer looking at larger screens
- Zoom has been criticised for sloppy programming leading to security and privacy problems. The company has switched all its resources to fixing these ASAP.

The Australian Cyber Security Centre urges video conferencing hosts to protect against hackers and online pests.

Hosts can do this by:

- Telling students to be aware of their surroundings to accidentally broadcast private or sensitive details in their background. Students should use a private room and headphones if possible.
- Allowing only invited participants to join the meeting. Meeting passwords should be enabled by the host.
- The programme has recently changed some protocols so that now invitees will go automatically into a virtual waiting room so the host can check before he/she lets them into the actual meeting.
 - Make sure *Screen Sharing* is set to *Host* only.
- Hosts need to make sure they and their students have the latest version of Zoom (and other programmes) installed as well as the latest security updates for their devices.

How do you look your best on screen? by Graeme Eggins

A video meeting, even though you may be alone, replicates a public meeting. So behave as if you had suddenly replaced your favourite news reader on TV.

These tips apply to all video conferencing programmes, not just Zoom.

Set the scene

Where you put your laptop or phone makes more difference to how you'll look on camera than what you're wearing.

Try and put your computer/tablet/phone near a window. Natural light is preferable to artificial.

Ensure your face is always evenly lighted, not in shadow on one side.

Position your device's camera at or just above eye level, if necessary by putting it on a **stable** pile of books. Move yourself slightly further away from it so that your features are not distorted.

Never position your device so that it is looking directly up your nostrils. Apart from this not being an attractive sight, the tilt-up position also emphasises your neck and chin. You also might cause a lens flare by showing a ceiling light.

Check what's in the background. One U3A member appeared on Zoom with what looked like giant antlers growing out of his skull. He was sitting directly in front of a stuffed moose's head hanging on his wall.

Zoom allows you to drop in a background of your choice - e.g. a beach. Another member was distracted and ended broadcasting from what appeared to his bathroom, except the toilet was upside down on the ceiling.

Check the foreground as well before logging in. No one wants to see your messy lunch plate.

Act like a newsreader

Wear whatever you would normally wear to a U3A gathering.

Ladies should know that spots, stripes and brightly patterned tops do not show up well on camera. Stick to neutral colours.

Same rule applies to men. Do not wear a formal shirt with footy shorts and thongs. Sure, people can't see that when you are sitting down, but what happens if you have to get up to answer the door?

Remember, people are watching you. Try not to eat, drink or attend to personal hygiene on camera. Wait till after the meeting.

And of course, don't ever touch your face!

U3A Online - www.u3aonline.org.au/home

U3A Online originated in Australia in 1998, as an acknowledgement that although a local U3A is the best way to meet with like-minded other people, there are those who are isolated by distance or other physical or social circumstances. It's another option for both U3As and individuals to adopt if they want guided structured courses during the current pandemic (and beyond).

Membership is open to anyone over 40, and younger disabled people and their carers. It costs only \$30 p.a. and all courses are then free to the member in that year. U3As can also become organisational members for \$15 p.a. then pay \$20 per course to use with their own members who do not have to register as individual members.

There are over 70 courses available, in World Affairs, Politics, History, Science, Nature, Life Matters, Literature, Writing and Creativity. The list goes on.

U3A Online also provides GEMS – a free monthly e-newsletter containing reviewed links to resources, interesting research snippets for health and lifestyle, fun items and technical advice. Register via the U3A Online website.

Errata – the item on Crime Writing in the March edition of Newslink was by Julie Fitzpartick of Port Sorell U3A.

10 of the world's best virtual museum and art gallery tours

By Antonia Wilson, *Guardian*, 24 Mar 2020

The originals are out of reach for now, but you can still see world-class art – without the queues or ticket prices – with an online tour of these famous museums

Art lovers can view thousands of paintings, sculptures, installations and new work online – many in minute detail – as well as explore the museums themselves. There are various platforms: from interactive, 360-degree videos and full “walk-around” tours with voiceover descriptions to slideshows with zoomable photos of the world’s greatest artworks. And many allow viewers to get closer to the art than they could do in real life.

J Paul Getty Museum Los Angeles - www.getty.edu

Guggenheim, Bilbao - www.guggenheim-bilbao.eus

Natural History Museum, London www.nhm.ac.uk

Rijksmuseum, Amsterdam - www.rijksmuseum.nl

National Museum of Modern and Contemporary Art, South Korea - www.mmca.go.kr

Musée d’Orsay, Paris www.m.musee-orsay.fr

British Museum www.britishmuseum.org

MASP, São Paulo, Brazil www.masp.org.br

National Gallery, London www.nationalgallery.org.uk

See also National Gallery of Victoria - <https://www.ngv.vic.gov.au/virtual-tours/>

You can also tour the Courtald Gallery in London with Bill Nighy on YouTube

And now for something completely different

Thanks to Cygnet U3A for this item:

The Coffin Club of Rotorua

<https://www.facebook.com/pointswest/videos/530965001103126/>

Thanks to Meander Valley U3A for this item:



And if you are missing live sport on TV, watch BBC sports commentator *Andrew Cotter's Labradors Olive and Mabel* engaged in a quiet power battle over an orange rubber bone ... google those words and the video clip will come up.

An Englishman, an Irishman and a Scotsman walk into a bar Oh, wait... that's 3 people

This game helps scientists design COVID drugs. They want you to play

By Liam Mannix *Your Life Choices*, March 31, 2020

If you like solving puzzles, scientists want your help to start designing potential drugs to combat the coronavirus using a game you can play on your computer. The citizen-science project, known as Foldit, hopes to start turning designs into actual drugs within a month.

Asking untrained people to design drugs sounds like pie in the sky. But the science behind the project is very real, independent researchers told *The Age* and *The Sydney Morning Herald*.

“The lab behind it, led by Professor David Baker, is possibly the best equipped in the world to design a protein,” says Associate Professor Ashley Buckle, a protein engineer based at Monash University. “The approach has been shown to work. Not always. But there is a good chance it will.”

Foldit is among the world’s most-successful citizen-science projects. It challenges users to solve 3D puzzles by finding ways to fit complex shapes together, or build their own new shapes – a cross between 3D Tetris and Minecraft. Those shapes are proteins, the building blocks of the human body.

The program, originally co-ordinated by Professor Baker’s Institute for Protein Design at the University of Washington, has been running for more than 10 years and has a string of successes behind it – such as building a protein 20 times more efficient than one designed by scientists, or cracking the shape of another protein important to AIDS drugs. Scientists had been trying to do it for a decade but Foldit players did it in days.

How does solving puzzles bring us closer to a COVID-19 cure?

Our cells are covered in “cellular receptors” – think of them as little antennas that listen for signals from the body. SARS-CoV-2, the virus that causes COVID-19, has a long spike that is perfectly shaped to stick on to one particular receptor, like a key sliding into a lock. But if you could make a drug that sticks onto that spike, in effect gumming it up, you could stop the virus infecting people.

Foldit presents players with a 3D model of SARS-CoV-2’s spike. The goal: build a protein that will stick onto it. It’s much harder than it sounds. Your drug needs to bend around and stick to the extremely complex structure of the spike. Natural selection has finely honed the spike so it sticks perfectly onto our cells – so your drug needs to stick even more perfectly to the spike. The problem is often left to supercomputers, which can use raw computing power to quickly try millions of different shapes. But they have their limits. Humans can learn from their failures and have something supercomputers don’t: creativity. That’s what gives Foldit its real power.

So far, they’ve had a few thousand people submit solutions for the COVID puzzle using different shapes. But every extra person helps, says Dr Koepnick. The team will select the best protein shapes soon and begin building them in the lab within the next few weeks. Then they will be tested against SARS-CoV-2 in a lab – and if they find one that works, the drug will go on to other scientists for further testing and possible clinical trials.

To have a go yourself, go to <https://fold.it/>



The Changing Mind - A Neuroscientist's Guide to Ageing Well by Daniel Levitin

*Book Review by William Leith, Evening
Standard., 27 February 2020*

Daniel Levitin is a neuroscientist and this is a book about the human brain as it gets old. Levitin tells us what happens, why it happens and what you can do about it. Well, what can you do? The short answer: eat real food, get a proper night's sleep, walk in natural environments and make sure your brain is always working. He quotes Keynes: "In the long run, we are all dead." True. Still, we don't need to be so passive. We can put up a fight.

So the book has an optimistic tone. Levitin tells us about age-defying people such as Mick Jagger and Jane Fonda — Jagger has a personal trainer and dances a lot; Fonda walks and lifts weights.

Then there are the "blue zones", places that produce lots of people who live beyond a hundred years — "Nicoya, Costa Rica; Sardinia, Italy; Ikaria, Greece and Okinawa, Japan (some lists add Del Mar, California)". What happens in these places? Old people do lots of healthy things such as walking and gardening, they have many human connections, they eat real food and avoid stress. Of course they die in the end. But something is keeping them alive and healthy for longer. Levitin thinks people in Okinawa, Japan live longer because they are always learning something new.

Levitin thinks about what the brain needs to do when we're young. It constructs our world for us. As we interact with our environment, our brains retain all the data that is useful to us. The world we see is not the world as it is — it's the world as our brains want it to be. The brain constructs the world for us. Of course, there comes a point when the brain goes wrong and our world starts to deconstruct.

There's a very good section on memory and how our memories are not fixed. They're a work in progress. In other words, they are malleable fiction, rather than stable fact. We tweak and spin things to help us get through life. Also, "they are not stored in a particular place. Memory is a process, not a thing". It is created by getting out there and interacting with the world, collecting data and trying to observe patterns in the data. That's what the old people in Okinawa are doing. They are still learning. We see why it's better to walk in the wilderness than in a park. In the wild, your brain learns something new with every step you take.

Levitin loves to tell stories. He's a good companion. He tells us about when he walked around wearing distorting lenses to see if his brain made compensations (it did). As we get old, we can't see or hear so clearly but the brain uses its experience to improvise. In the end, things are not so great. Our brains start to go wrong, then our world falls apart, then we die.

But still, there are things we can do. He cites the sleep guru Matthew Walker — one reason we need to sleep properly is that, as we sleep, our brains are cleaned by cerebrospinal fluid. He also cites the food guru Michael Pollan who says: "Eat food. Not too much. Mostly plants." By "food", Pollan means whole, rather than processed.

So, eat like a scientist. Exercise adventurously. Sleep like a baby. Make your brain work hard. Have lots of friends. "And allow yourself to have fun now and then," Levitin advises. "Eat a little ice cream. Have some chocolate."

I went to get tested for coronavirus. The doctor told me I was all clear, just a touch of Tom Jones flu. I've never heard of it, I said. Oh, he said, it's not unusual.

