

Vetrun Extra – April 9

Things *not* to do during isolation

TIME on your hands is not a problem. After all that washing you'd be lucky to have any hands left, declares Margaret Langford. She also advises against obvious time-fillers. For instance:

Do not sort out all the recipes you've cut out of newspapers, surreptitiously ripped out of magazines at the hairdresser's or downloaded from the internet. It's all too hard and takes up time far better spent trying to find that elusive jigsaw piece.

Do not clean out cupboards.

There will come a time when you really need all that stuff so best to hang on to it.

Do not sort out photos - an impossible task.

Do not investigate all the functions on your Garmin, mobile phone or any other device - too challenging and much easier to hand it over to a savvy 10y.o.

Do not remove cobwebs from the underside of the patio. Nah, it releases all the spiders which you then have to kill and that leads to an imbalance in the food chain.

Do not clean out the shed - leads to marital disharmony as you and your husband have widely disparate views about what is trash and what is treasure.

So, best to stick to the morning walk or run, the take-away coffee, the afternoon siesta and, you guessed it, the JIGSAW which is now about one third complete.



Margaret on Australia Day this year

Vetrun Extra is a new service from Masters to keep our members in contact with each other and with their club during this difficult time.

Please do just that –stay in touch!

Let me know how you're coping, staying fit, occupying your time.

Email contributions for me to include in *Vetrun Extra* –send to vfdwaters@gmail.com.

I'll reply to all your emails and, if suitable, share your words on this page with all the members.