

Phoenix Corona News - July 2020



Newsletter

Items for the newsletter should be sent to
Kath Bryan, please.
Email: bkath326@gmail.com
Mobile: 07722 301612

Sudoku

			4	6	8			9
	4		9					6
			7	3		2		4
			6		5	3		2
6								
	5	1		9				
1		8		7	3			
3					6		1	
9			8	1	4			

Please try to keep in touch with your Phoenix friends by **Text, email, phone or even write a letter** not everyone has internet connection.

Join the Rugeley **Phoenix Facebook** page, another way to keep in touch.

Phoenix now has a Facebook page -

You can find it on Rugeley Phoenix Group

Or on

www.facebook.com/groups/RugeleyPhoenixClub/

(This is closed facebook page just for Rugeley Phoenix members).

Just In Between - By Lenore Hetrick

July is the month that's in between
Between the bloom of perfect June
And the hazy, smoky hint of autumn
In August's tranquil red-gold moon.



Between the rose and crimson blush
Of June's garden of queenly flowers
And the mellow hint in field and orchard
That August gives of harvest hours.

Just in between! Seems that's all.
There's very little we can say.
The earth is no more fresh and new
Things grow more dried up, day by day.

The velvet green of June is gone,
The red of autumn not yet here,
The summer flowers break in the wind,
But autumn buds have yet to appear.

More Interesting Facts—(Well I think they are!)

1. 7% of American adults believe that chocolate milk comes from brown cows.
2. In 2017 more people were killed from injuries caused by taking a selfie than by shark attacks. 6 by sharks and 35 taking a selfie.
3. In Uganda, around 48% of the population is under 15 years of age.
4. Nearly 3% of the ice in Antarctic glaciers is penguin urine.
5. Sea otters hold hands when they sleep so they don't drift away from each other.
6. The world record for stuffing drinking straws into your mouth at once is 459!!! (you have to ask Why?)
7. Nowhere in England is more than 75 miles (121 km) from the sea
8. The first fish and chips restaurant was opened in 1860 in London by a Jewish immigrant named Joseph Malin.

Jeff Wall—Phoenix President

The policy of the U.S.A. between the World Wars was Splendid Isolation Lockdown especially for the extremely vulnerable, has certainly brought home the problems of loneliness away from family and friends made worse for those people living on their own .

While we all miss doing our actual Phoenix activities, the value of meeting our colleagues has become very obvious and brings home the real value of the club. The Splendid bit is a complete non starter!!! There is nothing at all splendid about the stress, anxiety and frustration of not being able to do things for yourself without troubling other people. Thank heavens for good friends, neighbours and wonderful volunteers of the Cannock Chase Covid help organisation.

Have there been any positives? Well the house has been Spring cleaned several times. The garden has never had so much attention and is still winning. The joys of on-line shopping oh we forgot to put that on and do we really spend that much a week!!!! The one bright spot is our improved skills to use Facetime to have daily conversation with the Grand children, Kate's geography is doing great!!! I now have a new degree BJS (Bachelor of Jigsaws 3rd class)

At least the possibility of an August 1st release date has brought the return of sanity a little closer. Remember the Phoenix rose from the Ashes and we will do the same from Lockdown. So just Keep Calm and have another cup of tea or G& T.

Very Best Wishes to you all Jeff

EMERGING ISOLATOR

After weeks of lockdown and isolation it feels like the world outside is alien and it is.

We've all landed on another planet, and we have to learn the customs and rules .

The first lesson you have to learn is that the rules of this planet change daily!

One definite rule is keep a distance of 1 metre plus from people when outside, that is if you can't keep a distance of 2 metres, now that's easy to understand. ☐

You can now form bubbles. On the other planet you called them families.

Face visors or mask are being worn by hairdressers, bar staff restaurant staff plus shop assistants, do not be perturbed they are very friendly.

You can wear a mask too but be prepared for people not to understand what you are saying plus your glasses will steam up.

It will take time for us all to feel confident to venture out into this strange new world and I think baby steps are needed, small steps, there's no rush and we need to do it at our own pace. For friends who are still shielding and isolating we are thinking of you and looking forward to us all getting together again very soon.

Love Sue x

PS Today I had my roots done and hair cut so feeling almost human, not sure if that is a good feeling on alien planet☐

Chat from Me— Who would have thought that back in March we would still be in lockdown in July?

We have been asked if we have had any thoughts of re-opening, Sue and I visited Sheepfair this week and although Delma has worked hard to have in place Covid safety measures, myself and a few of the committee members feel it is still too early to return. I understand people need to get out and meet others and this has been a difficult decision but the health and wellbeing of our members is paramount. We will review the situation at the beginning of August.

When we do re-open, we should do it with a bang as it was Phoenix Rugeley 25th anniversary back in June and the plans we had were put on hold, so watch this space.

So, stay safe and rest assured we will re-open as soon as we feel it is safe to do so.

Elaine

CHAIRMAN'S EMAIL— Chairman@rugeleyphoenix.org.uk

Stay Safe Online:

Check your security + privacy settings

**Block unsuitable content, Protect against fraud
Check the facts!!**

Get more help and information from Gov.uk

Report to Action Fraud

Be aware of phone scams too— If in doubt put the phone down and ask for advice from a trusted friend or relative.

Are you Shielding?

I have been shielding now for 15 weeks. It has been lonely and hard work but with the help of friends we have managed just fine. My problem is that as August 1st approaches I am filled with fear. My consultant is not happy for me to follow any of the relaxations to the conditions laid down with Covid19. Basically he says "Ignore August 1st, stay in and protect yourself."

I suddenly realised that I don't know anyone else who is Shielding. This has come to me as a terrific shock.

So please, Phoenix friends, if there is anyone else in the same situation as me, can you contact me. I would appreciate knowing someone else out there understands how it feels.

Thank you Pat Wall 01889586973