



Week Twenty



PERSONAL

Time for a quick reflection. What have been your three (3) most useful things during the Covid Lockdown? Your dressing-gown? Running shoes? Microwave? Mixing spoon? Screwdriver?



FAMILY

Here is a challenge for a bit of family fun. Can you make list of song titles that describe the year of CovidLockdown, 2020? How about “Every Day Is Exactly the Same” by Nine Inch Nails, “From a Distance” by Bette Midler, “Only the Lonely” by Roy Orbison, “Pajamas” by Gnash. How many others can you come up with???



FRIENDS

This October is the 10th anniversary of Buy Nothing New Month. It is not about spending nothing but making a considered purchase. Go nuts buying second-hand goods and stimulate the second-hand economy. During the Covid lockdowns have you considered how much of your wardrobe hasn't seen the light of day? What have you gone without and not missed at all? Have you accidentally or incidentally saved money? Here is an opportunity to put into practice our thoughts on a world without waste and the eliminations of mindless spending. Are your friends interested in swapping clothes you no longer need?



COMMUNITY/NEIGHBOURS

With all of our gardens starting to bloom as Spring warms our world it would be a nice gesture to share our gardening good fortune by giving a neighbour who lives alone a bunch of flowers from your garden. Or maybe drop off some blooms to a local nursing home for one of the residents who have been in lockdown for months now. Avoid highly scented flowers but colourful and textured blooms would be a wonderful gift.

