



THE MUIZE NEWS

FROM THE MUIZE NEWS NEWSROOM

Being in lockdown is a given – and I am sure by now most of us or all agree that although it is a 'state of inconvenience' it is a 'state of absolute necessity'.

My inbox is bursting at the seams with the most innovative ideas from people all over sharing how they are dealing with the current lockdown and we thought what better way to inspire our residents than sharing some ideas on how to keep occupied.

Many of you will have seen the email from Kim in which she shared the stones with colourful and interesting designs painted by Jenna and being put to good use in her garden...that is just one of many creative possibilities. One doesn't have to be an artist...just paint.

BEING CREATIVE

Those knitting, painting, sculpting, the woodwork buffs, professional and amateur photographers... and much more, please send in photos of what you've been doing during this rather unusual time in our lives to share with your fellow residents. Photographers can concentrate on items in the home focusing on everyday-ordinary items arranged artistically (a collection of forks) or in your garden ... a close-up of flowers/leaves/plants in your garden or your pot plants, et cetera. Gardeners can also let us know what they're doing during this period to keep their gardens in bloom. You never know who might be inspired by your ideas and especially those who have run out of ideas.... seeing yours might get the creative juices flowing.

PUT IT INTO WORDS

We're not all writers or poets but how about writing down some thoughts or poems or even a short story about this period in your lives and what it meant to you. Did it affect you at all, did you spend some time reflecting or was it just another week or two in your life? With your permission we will share your various contributions (can even be anonymous) over time with our readers in future editions of the *Muize News*.

AN ARMCHAIR EASTER

It's Easter...for many this is a time of special prayer and reflection. One suggestion received is that we join the initiative from a Church in Spain, and prepare our homes/apartments with palm crosses or crosses made from any greenery in our gardens.

We have a PDF file available with some daily readings for those interested. Simply email grizell@iafrica.com

LOVELY TIME TO COOK

Now is the time to try some new recipes with what you have in the pantry/freezer. I will start you off with the most basic but deli-delicious quick recipes...

Meatballs in 8 minutes

500 gr mince

25 ml sour cream/yoghurt

25 ml chutney

25 ml tomato sauce

1 packet brown onion soup

Spices and pepper

Form the meatballs

Pop in the microwave for 8 minutes.

Serve with mash/rice and some greens.

PS. One can add some Worcester sauce or any other sauce/condiment to taste.

Two-ingredient bread

1 and 3/4 cup self-raising flour

1 cup plain yogurt.

Baste with garlic and parsley butter

Bake for 20 min at 180 degrees Celsius.

COOKING VIRTUALLY

For those of you who really love to cook (I for one) and who miss the regular get-togethers, sharing meals with friends, download the **Starfish APP** on your cell or laptop, set up a meeting and cook with your friends. Choose a basic recipe that those taking part can tweak to their tastes... or each one cooks something different...there are no rules. It's great fun.

FOR THOSE WITH INTERNET ACCESS

VISIT THE KRUGER NATIONAL PARK VICARIOUSLY

During lock down, you can join 2 game drives a day, live on YouTube, in the Kruger National Park. You can watch the Morning drive at 5.30-8.30am and the afternoon drive at 3.30-6.30pm.

It is interesting and informative, and questions pop up that are answered by the game rangers.

They've discovered a hyena that has 3/4day old pups which they check on during each drive.

https://m.youtube.com/channel/UCV6HJBZD_hZcIX9JVJ3dCXQ/videos

Live at the times above.





IT'S IN THE STARS!

For those not yet members of the U3A (see our last newsletter) please see below: Something fascinating to do if the stars are in your future...

NASA's new Internet and social media special, [NASA at Home](#), will show and engage you in the agency's discoveries, research, and exploration from around the world and across the universe – all from the comfort of your own home.

NASA at Home offers something for the whole family. It brings together a repository of binge-worthy [videos](#) and [podcasts](#), engaging [E-books](#) on a variety of topics, do-it-yourself projects, and [virtual and augmented reality tours](#), which include the agency's Hubble Space Telescope and International Space Station, as well as an app that puts you in the pilot's seat of a NASA command ship.

"We know people everywhere, especially students, are looking for ways to get out of the house without leaving their home," said Bettina Inclán, associate administrator for NASA's Office of Communications. "NASA has a way for them to look to the skies and see themselves in space with their feet planted safely on the ground, but their imaginations are free to explore everywhere we go. We've put that information at their fingertips. We hope everyone takes a few moments to explore NASA at Home."

This special also spotlights educational and entertaining resources and activities for [families and students](#) in kindergarten and up. Plus, it provides access to everything from formal lesson plans to amazing imagery and stories about how science and exploration help the world.

If you want to practice safe science at home, we have opportunities for [citizen scientists](#) to contribute to real ongoing research, from our solar system's backyard to your own backyard. This includes searching for brown dwarfs and planets in our outer solar system and helping track changes in clouds, water, plants, and other life in support of climate research.

So, check in regularly with #NASAatHome or let your children or grandchildren know about the latest and greatest the universe has to offer!

For more information all of NASA's programs, projects, and activities, visit:

<https://www.nasa.gov>

EXERCISE YOUR BODY

- Exercise... an all-important necessity. It is essential to stimulate one's circulation and according to Don Fiore, a Qigong practitioner, by patting your body you can achieve wonders...all in your own home. All it takes is 4 minutes out of your day...every day! For more information go to: <https://www.youtube.com/watch?v=7qz2KmH5eb0>
- Also, on YouTube - *Exercises for Seniors* –Jenny McClendon.

KNOWLEDGE AT THE PRESS OF A BUTTON AND IT'S FREE

What about enrolling for a free online course known as a MOOC (Massive Open Online Course). Google **Coursera** or **Futurelearn** and pick your subject. There are courses on almost any topic that one might want to learn about: from Greek Philosophy to Simple Programming, from Bhuddism to Photography...the list is endless.

One of our residents Margaret Clough especially enjoyed a course on Modern American Poetry (known as Modpo) and one on Dogs (Dog Emotion and Cognition).

Books connect us

Penguin Random House is launching #BooksConnectUs, an initiative where readers can come together online and share their love of books. This is a home-grown endeavour, inspired by our recently created employee outpost on Facebook where colleagues working remotely connect with one another and discuss what they are reading, streaming, cooking, and more. Our hope is that #BooksConnectUs will project this same energy and intimacy—for books and for community—into the world and provide us all with moments of connection, hope, and, dare I say it, joy. Please join us and share your current and future reads using the hashtag #BooksConnectUs.

A little light relief.... An old favourite

On October 3, 1950, Peanuts first debuted in seven newspapers under the United Features Syndicate. Developed by Charles M. Schulz, who was raised Lutheran in Minneapolis and Saint Paul, Minnesota, Peanuts ran for nearly 50 years and was published in 2,600 newspapers, 75 countries and 21 languages. *(Words of wisdom from Charles Schultz)*





WORLD HEALTH DAY EVERYWHERE EVERYDAY EVERGREEN



WELL DONE TO OUR HEALTHCARE TEAM

Corona Virus / COVID-19 SA lockdown another 14 days

On Thursday evening, 9 April 2020 President Cyril Ramaphosa announced that South Africa will extend the LOCKDOWN by a further two weeks (14 days); until the end of April 2020.

According to **worldometers** as at 13 April, 15h54 the Stats are as follows: **1,878,603 cases worldwide and over 116,000 deaths.**

Therefore, we URGE everyone to continue with the necessary precautions put in place

- Practice '**social distancing**', other than staying in your house / apartment, the most effective way to keep the virus at bay
- **Wear a face mask**, there has been a lot of debate regarding this, we recommend that you wear one.
- **Sanitise** where ever you go, carry an alcohol based sanitiser solution with you at all times.
- Still the most effective way to avoid the virus is **STAY AT HOME.**



Protect yourself and others from getting sick
Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

 World Health Organization

The image is a blue poster from the World Health Organization. It features an illustration of hands being washed under a faucet with soap bubbles. The text is in white and yellow, and the WHO logo is at the bottom left.



And lastly... exercise your mind

We're including a challenging crossword – kindly donated by a local resident Mike Odd and will post the answers by mid-April.

85 Across



ACROSS

1. Creative workmanship
6. December birthstone
12. Policy of non-violence
17. Seeps
18. India's Taj ...
19. Preying animal
20. Boot strings
21. Hotel licensee
22. Glide on ice
24. Social outcast
26. Gangsters, Bonnie & ...
29. Re-stage (2-5)
33. Later on

9 Down



ACROSS

36. Importance
39. Unspecified person
41. Hair styling tools
42. Abandon
43. Swerved
44. Tacked on
46. Snow shelter
48. Notified
50. Fit (in)
52. Demoralising loss
54. Female inheritor
56. Darjeeling crop
58. Shop clearance

60. Coach journey break
61. Hamburger, Big ...
62. Running costs
66. Reinvigorate
67. Crude oil
70. Sneakers linings
71. Lab equipment, ... burner
72. Possessing
73. Evita, ... Peron
75. Humanitarian, Mother ...
76. Antiquated
77. Saluted with drink
78. Set in (design)
80. Golf mound
81. Final coating
82. Firebomb liquid
85. **President ... Lincoln**
88. Insult
90. Turns upside-down
93. Searches in refuse
95. Jewel
96. Leave hurriedly
97. Cloth bag
99. Couple
100. Parked undercover
102. Pained bark
104. Charged particles
105. Amounts
108. Mode of transport
110. Flowed away
112. Rich cream cake
114. Located
117. Logo sticker
118. Fixes
119. Pollutes
120. Becomes ragged
122. EPs & LPs
126. Postmark
129. Top-to-bottom measure
132. Brother's daughter
135. Scowled
136. Wedding holiday
137. Warships
138. Frozen solid
139. Components
140. Most taut
141. TV bulletins
142. Stagnate
10. Process raw mineral
11. Abate
12. Pastel (shade)
13. Scared
14. Midwestern US state
15. Inappropriate
16. Municipal boss
23. Rainbow shapes
25. Shoddy (work)
27. Composer, Andrew ... Webber
28. Conferring knighthood on
30. Permit
31. Freshly
32. Prances about
34. Nationwide
35. Washstand jugs
37. Maiden name indicator
38. Hollers
39. Rigged event (3-2)
40. Greeted
45. Distributing, ... out
47. Kept hidden
48. Saying "sorry"
49. Wolves' homes
51. Rower
53. Squeal of delight
54. Headwear
55. Feels compassion
57. A long time ...
59. Useful
60. Pruning clippers
61. Fellows
63. Prickled
64. Grunting (of pig)
65. Loosely
67. Gamblers
68. Former (3-4)

If you enjoyed this **BIG** crossword, you'll love Christine's **BIG Crossword** magazine on sale at your newsagent in the last week of every month.

Christine's

BIG
CROSSWORD

★ EXCITING
COMPETITIONS
★ CASH & PRIZES

ON SALE NOW!



DOWN

1. Savoury jelly
2. Minute
3. Whiskers cutters
4. Perched
5. Sarah, Duchess of ...
6. Field trial
7. Theatre attendant
8. Push in, jump the ...
9. **America's First Lady, Michelle ...**

