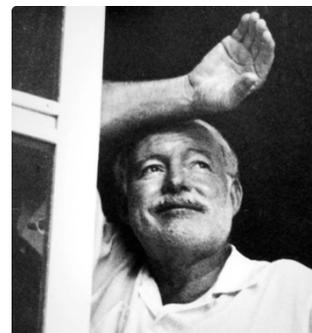


## Perth MALA Notes April 2020

It's hard to believe that it is one month since we had to make the decision to cancel our MALA program with doubt cast over when we may return to normal. But what exactly will be "normal" after the restrictions to which so many of us have already adapted? It has been interesting to see the change in the number of people we see walking around our local lake in the morning. Not just the number but who. In the past it was rare to see fathers pushing prams with toddlers in tow. Or a family of four or five on their bikes. Dogs suddenly being rewarded with long chases of balls and greeting other canine friends – no social isolation there except for the owners. Watching parents with very young ones collecting gumnuts, twigs with funny shapes, leaves of different colour was once a rarity, now common. Children actually discovering nature rather than reading about it. I realise that many of these parents are able to do this because one or the other may have lost their job but I suspect many are now working from home and this change in the way we see occupations may stay after this crisis is over. If so, I can only hope that the parents remember what they were able to offer their children during this time and it is not forgotten. We have seen so many smiling faces it almost makes up for the other difficulties we experience.

My wife and I were lucky to have a friend drop by with a stack of books just before the shutdown – yes real books! I hope there are others out there who also like the feel of the paper, the ability to quickly flick back through the pages to remind yourself of who that character is and to not worry about the battery in your iPad going flat. But for those of you who must use the electronic wizardry to gain information I suggest you ask your wizard, "Who wrote the shortest short story?" The answer is acknowledged as Hemingway, but the story itself is poignant. Check it out. My challenge to you is a six word, short story *to bring a smile*. Send them direct to me, [frank.dymond@bigpond.com](mailto:frank.dymond@bigpond.com).



I hope you still feel lucky. We, the retirees are lucky in the sense that we haven't lost a job but we have already learnt to appreciate the smaller things in life.

Regards

Frank Dymond

Perth MALA Chairperson

- "The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly." Buddha