

### SWAN SONG

The swan song is a metaphorical phrase for a final gesture, performance or effort, given just before death or retirement. The phrase refers to an ancient belief that swans sing a beautiful song just before their death, having been silent during most of their lifetime.



**KIT** has been a voice for U3A Wanneroo during the past fifteen weeks and, due to the reinstatement of our 'normal' programme of activities, this issue announces its retirement. It is, therefore, KIT's swan song.

## LETTERS FROM THE EDITORS

During the time when our usual U3A activities were suspended, I've given the U3A ethos of lifelong learning a pretty good workout.

In pursuit of producing KIT, I've spent countless hours in my home 'classroom', collating and researching material to share with you and teaching myself a few more skills with graphics. Now that I'm retiring as an editor of KIT, I'll have so much more time on my hands that I'll have no excuse for not getting stuck into the housework and outdoor chores I've been neglecting!

Your contributions have been most welcome and I thank those of you who sent them to my much-valued co-editor and proof-reader, Constance, and me.

Thanks also to everyone who has passed on their appreciation of KIT. It is nice to know that it has been so well-received.

It has been my pleasure to Keep In Touch with you via KIT and it will be an even greater pleasure to see you all again soon.

- Cheryl

KIT is winding up and with reflection I am fortunate that I was able in a small way to assist Cheryl produce this special newsletter.

There has been a great learning curve, a few more computer skills, a resurgence of my crafty side (a curtain was finally completed, I have knotted not knitted a macramé valance, an idea conceived over 20 years before). I have looked at where I live with different eyes, I have laughed with the jokes, cried and sung with the music and I am still tearing my hair out over the tangrams.

And now I would like to leave you with a quote:

*"Life is measured by the roads we travel  
And the people we share it with  
This is how we grow  
This is how we add light to our world"*

- Adele Basheer

Thank you for sharing your road.

- Constance

# IT IS SOMEWHAT FITTING THAT 2020 IS THE YEAR OF THE RAT

- We are all in hiding
- We only come out to get food
- We store the food in our homes to eat later and
- We run away when people come close to us



## Gut-soothing Bone Broth

1 medium organic chicken or 1 ½ chicken parts (bones in)    1 onion chopped    2-3 zucchinis, sliced  
 3 carrots chopped    2 celery sticks chopped    2 tbsp live (raw) apple cider vinegar    1 tsp turmeric  
 2 garlic cloves, crushed    2-3 slices root ginger    2 tbsp coconut oil    sea salt and black pepper

Place all ingredients in a large saucepan, with just enough water to cover. Bring the pan to the boil, then lower the heat. Put the lid on and let it simmer, ideally for 6-8 hours (but for at least 2-3 hours), topping up the liquid with water as required.

Take the chicken out and place it on a platter to cool. Remove all of the meat from the carcass (this can be eaten either with the broth, in a chicken salad or in a sauce with asparagus or mushrooms etc).

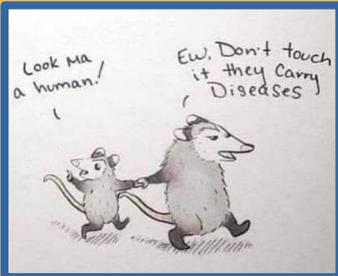
The broth will keep in the fridge for 3-4 days or it can be frozen for up to 1 month. The broth is good sipped as a warm drink with a squeeze of lemon and a little sea salt. Makes a good meal with the meat added and served with some rice. The broth is also an ideal aid to recovery from illness.

Taken (with some license) from "The Clever Guts Diet" Dr. Michael Mosley. Stay Healthy, Stay Safe

## LEST WE FORGET ... THE PAST SIXTEEN WEEKS



Telling your suitcase that there's no holiday this year is tough. Emotional baggage is the worst.



Here's Debbie.  
 Debbie is 31 years old and has been home schooling her kids for the past 4 hours.  
 Great job Debbie, keep it up!

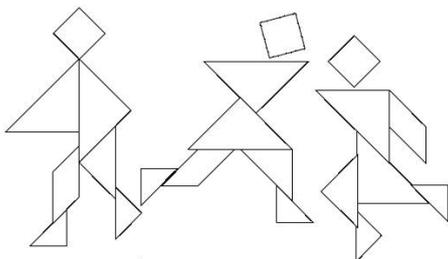


Working from home but missing the train trips.



Self Isolation Chair

### Solutions to last week's Tangram Challenge



We bring the curtain down on KIT with music that inspires hope for health, healing and happiness.

Michael Jackson – *Heal The World*

<https://www.youtube.com/watch?v=ATpgV40plbw>

Voctave – *This is My Wish / Let There Be Peace on Earth*

<https://www.youtube.com/watch?v=oXreNYWtjPQ>