

Infectious Smiles



Smiling is infectious, you can catch it like the flu.

When someone smiled at me today, I start smiling too.

I walked around the corner and someone saw me grin.

When he smiled, I realised I'd passed it on to him.

I thought about the smile and then realised its worth.

A single smile like mine could travel round the world.

So if you feel a smile begin, don't leave it undetected.

Start an epidemic and get the world infected.

Do you remember the TV series, M*A*S*H ?

Someone must have had a crystal ball in their field hospital. Click on this weblink to see how they predicted and practised how to deal with what we're experiencing today. <https://www.youtube.com/watch?v=L5CNHDeF2xA> Laughter is good for our health!

Constance was delighted to see her night-blooming *cereus* (aka moonflower/queen of the night) in flower. Most of the flowers open after nightfall and by dawn they are in the process of wilting. So that we can share her experience, here are her night time and day after photos:



12

11 **What is** 1

noteworthy about

twenty-six

minutes to one

on 5th June 1978

10

9 **Answer (think digital):** 3

8 **12.34 5/6/78**

7 **Can you work out how**

to incorporate a 9 at

the end of the

sequence? 5

6



KEEPING UP APPEARANCES

~ with Hyacinth Bucket (that's 'boo-kay', please)

The camera can and does LIE. Have you ever been dismayed by a full length photo shot that makes you look 5 kilos heavier? A top New York Charm School suggests, when standing:

- make the front view slim and tall by turning the body slightly
- the forward foot should be pointed straight ahead, the back foot placed at a 45° angle, just behind the front foot
- weight should be divided equally so the back hip does not slide out
- to stand restfully for long periods, keep knees slightly flexed, never locked

The Tangram Challenge

This week, try to recreate these shapes:



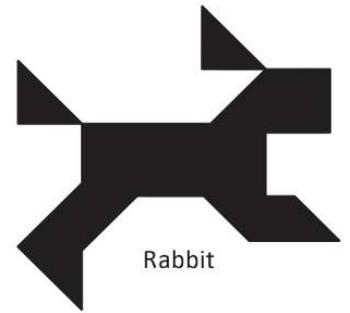
Penguin



Dog



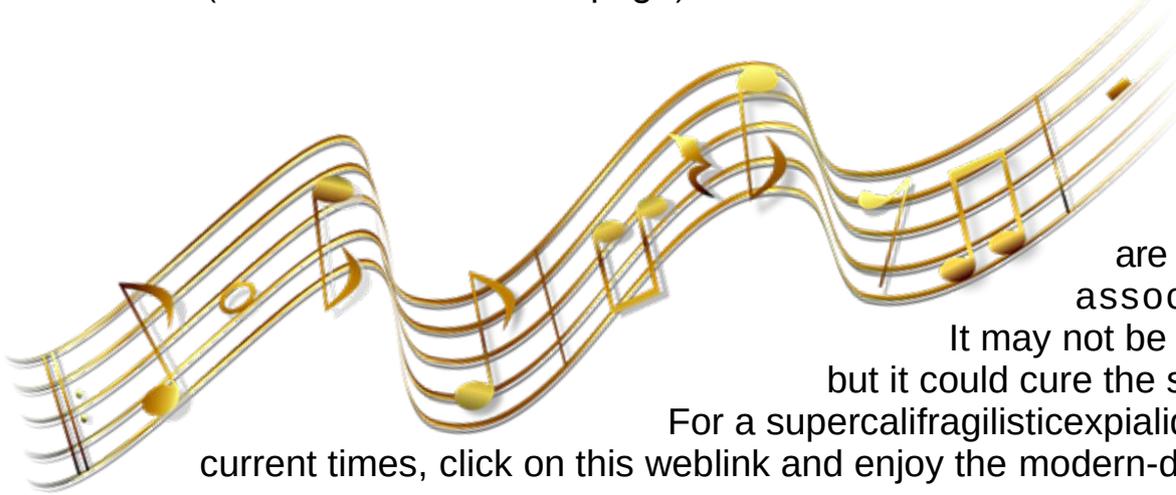
Bird



Rabbit

You must use all 7 tans, they must touch and they may not overlap. Note that the parallelogram  may have to be flipped over  to create some of the shapes in the various challenges.

If you need the template to make the 7 tans (pieces), please contact Cheryl via email (contact details on last page). Solutions in the next issue of KIT.



It is widely accepted that there are many health benefits associated with music.

It may not be a cure for Covid-19 but it could cure the stay-at-home blues.

For a supercalifragilisticexpialidocious take on the current times, click on this weblink and enjoy the modern-day *Sound Of Music*:

<https://www.youtube.com/watch?v=MMBh-eo3tvE&feature=youtu.be&app=desktop>

Things to Do When You Self-Isolate (...continued from KIT 2)

If you are shutting yourself off from the world for a while, here are some more suggestions to keep you occupied throughout the coming week.

1. Set up your spare room as a home exercise room. Place a yoga mat on the floor. A source of music might be nice. Lift weights (even a can of baked beans, or similar, in each hand will do).
2. Instead of watching screens on electronic devices, try jigsaw puzzles, sewing or even filing your nails. You will simply feel less stressed and more in control.
3. Get fresh air. Now is the time to start that vegetable garden you always dreamed of. Read a book outside. Have a picnic or set up afternoon tea under a tree. If you're in a flat, plant your balcony pots out for next season's flowers. Enjoy the sunshine and just simply enjoy being.
4. Start a blog or a journal. This is history. You are living it. Future generations are going to want to know what it was like during 2020, when the world stopped in its tracks.
5. Pamper yourself. This is the perfect time to indulge in hair conditioning treatments, face masks (refer KIT 2) and manicures. Indulge in a bubble bath, with a glass of bubbles.
6. Walk around your home. Make a list of tasks that need to be done, such as fixing a squeaky door hinge or cleaning marks off walls. Do what you can with what you have in the house and keep your list for future reference.
7. Wash the curtains.



SCRAMBLED WORDS

Some of you may have seen an example of this exercise with letters out of order but, in this example, numbers have been included. Try to read this aloud:

7H15 M3554G3 53RV35 7O PR0V3 H0W 0UR M1ND5 C4N D0 4M4Z1NG 7H1NG5.
 1MPR3551V3 7H1NG5! 1N 7H3 B3G1NN1NG 17 WA5 H4RD BU7 NOW, 0N 7H15 LIN3
 Y0UR M1ND 1S R34D1NG 17 4U70M471C4LLY W17H0U7 3V3N 7H1NK1NG 4B0U7 17.

I cdn'uolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, mnaes taht it dseno't mtaetr in waht oerdr the lttteres in a wrod are, the olny iproamtnt tihng is taht the frsit and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it whotuit a pboerlm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Azanmig in'st it? And we awlyas tghuhot slpeling was inpotrmat!

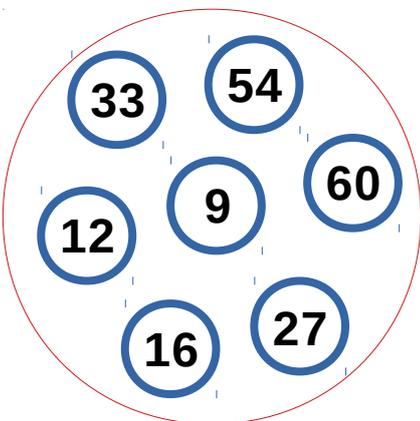


A few years ago, Bob Hope was still alive, as was Johnny Cash and Steve Jobs. Now there is no hope, no cash and no jobs!

Looking at the map for some weekend travel ideas



A

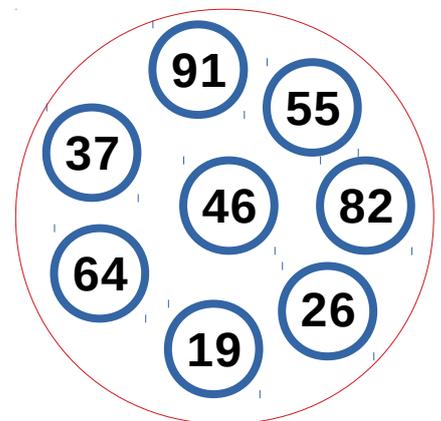


ODDBALLS

Which is the odd ball out in each of these red circles?

Answers on last page.

B



QUIZ

1. Was the first email sent over the Internet in a) 1972 b) 1982 c) 1992 ?
2. Is lubberwort a) a weed b) extreme laziness c) junk food ?
3. What do humans and lobsters have in common?
4. Brass is created by mixing which base metals?
5. What are the larvae of dragonflies called?
6. How many hearts do earthworms have?
7. What does an anemometer measure?
8. What kind of creature is an avocet?
9. Where are a grasshopper's ears?
10. What is a misodotakleidist?
11. How long is Neptune's summer?
12. What is a gnomon?

Does anyone know how long toilet paper will last if you freeze it?

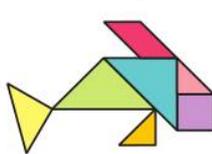
If the year 2000 was known as Y2K, will the year 2020 be known as Y2-PLY?



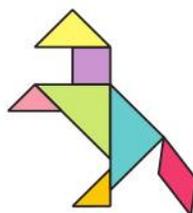
Solutions to last week's
Tangram Challenge



Bird



Fish



Horse

We welcome U3A Wanneroo members' contributions to KIT

Please email your submission/s to one of the editors:

Cheryl: [email address redacted] or

Constance: [email address redacted]

QUIZ ANSWERS 1. a) 1972 2. c) junk food 3. They both like to eat lobster. 4. Zinc and copper 5. Daphnia 6. 5 7. The strength of the wind 8. A wading bird. The red-necked avocet is also known as the Australian avocet, cobbler, cobbler's awl and painted lady 9. In its knees 10. Someone who hates practising the piano (are you wondering why is there even a word for that?) 11. ~40 years. If you visit, take lots of sunblock. 12. The thing that casts a shadow on a sundial
ODDBALL ANSWERS A. 16 (all of the other numbers can be divided by 3) B. 26 (the digits in each of the other balls add up to 10)