



This week's musical interlude comes to us from a Dad and daughter duo, Mat and Savana Shaw. Here are 3 selections from their repertoire of home-recorded duets:

<https://www.youtube.com/watch?v=cqFCbtRz1Z0>

<https://www.youtube.com/watch?v=Z7JsjevspZE>

<https://www.youtube.com/watch?v=3aGz48cFISc>

BE CRAFTY AND RELAX

Knitting has its practical uses as well as being an enjoyable hobby and, if you regularly reach for your wool, you are probably aware of just how relaxing this age-old pastime can be.

It seems that taking an hour out to work on a nice sweater or blanket has more benefits for your health than you ever could imagine.

Research has shown that not only does knitting provide plenty of 'textile therapy', it can have several other positive effects upon your physical and emotional well-being.

It performs the same function as meditation!

Once you have learned how to knit and you are able to work your needles without actively thinking, the whole process can be extremely relaxing.

The repetitive action creates a rhythm that's great for clearing the mind and it offers many of the same benefits as a meditation session.

By the time you've finished, you also have the added comfort of crawling under, or into, the nice warm garment you've knitted!

If you've never knitted before, you could learn by watching some of the many online tutorials available. This one teaches you the basics of casting on, knitting plain stitches, knitting purl stitches and casting off: <https://www.gizmodo.com.au/2014/03/learn-how-to-knit-in-six-easy-gifs/>

This one is a tutorial on plain and purl knitting: <https://www.youtube.com/watch?v=td0QUvxH124>



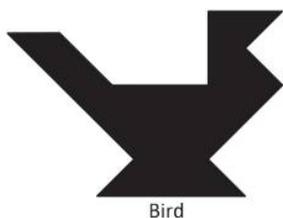
A NEW BUG HAS TAKEN HOLD!

Jean Claude caught it from Constance's neighbour and the affliction compelled them to construct a chook pen! Economically, the return may take some time but the psychological benefits are immediate.

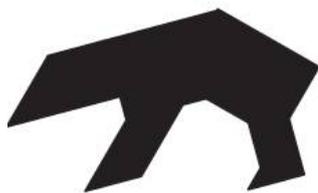


The Tangram Challenge

This week, try to recreate these shapes:



Bird



Bear



Snail



Goose

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.

This is a **SPEED TEST**. Your challenge is to correctly answer **TRUE OR FALSE** to all 10 of these statements within 5 minutes. The solutions are on the last page.

1. The word MAGNETIC can be spelled using all but one of the letters from the word ENIGMATIC.
2. If the word TOP is written under the word SAD and the word DIN is written below the word TOP, the word SIN is formed diagonally.
3. If Friday is the third day of the month, then the following Tuesday is the seventh day of the month.
4. Two of the following numbers add up to 19: 3, 4, 8, 10, 13, 17
5. This sentence contains the letter E eight times.
6. The word GEOGRAPHY is spelled out by the first letters of the sentence: George Eliot's old grandmother rode a pig yesterday.
7. *Pull a bat, I hit a ball up* is a palindrome (ie a sentence that reads the same backwards and forwards).
8. The odd numbers in the sequence 7 8 4 3 2 1 6 9 add up to 21.
9. An upside-down clock's minute hand points to the left when it is quarter past one.
10. In the alphabet, the letter one before the letter two after the letter F is the letter G.

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

1. Clean the inside of your electric kettle. Just pour 1 cup of water and one cup of vinegar into the kettle, switch it on and bring it to a boil. Switch it off and leave the solution to soak for about 20 minutes. If the scale or furring hasn't loosened, add a bit more vinegar and boil again. Pour the solution out and rinse the inside of the kettle with fresh water. You may need to give the inside a gentle scrub but don't use a metal scourer. Make sure that everyone you share your house with knows not to use the kettle before you've finished, otherwise their next cuppa may be the worst they've ever tasted!
2. Go on a bear hunt. Many people have placed teddy bears and other stuffed toys in windows and other places where they can be seen from the street. Go for a walk and see how many you can find. This activity is sure to bring a smile to your face and you should enjoy hunting them just as much as children do!
3. Look at yourself in the mirror and try to draw or paint a self portrait. Use whatever art supplies you have at hand (eg pencils, crayons, felt tip pens).
4. Try using your non-dominant hand to do such things as writing, brushing your teeth, holding your cup/mug/glass when you're having a drink, shuffling and dealing cards, playing pétanque. You never know when you might actually have to do this. Prepare to be frustrated!
5. Learn how to juggle. If you don't have any juggling balls, make some! Here's an easy way to do that: <https://www.abc.net.au/science/surfingscientist/jugglingballs.htm>
6. Has it been a while since you had flowers inside your house? Brighten up your dining table with a floral centrepiece. Dust off a vase that you haven't used in ages, pick some flowers and foliage and have a go at flower arranging.
7. Share what you've been doing with us. We'll need some more ideas to fill this space in future issues of KIT so please email your suggestions to one of the editors. Our email addresses are on the last page.

LESSONS FROM CORONAVIRUS

2019: Stay away from negative people.

2020: Stay away from positive people.

The world has turned upside down. Old folks are sneaking out of the house and their kids are yelling at them to stay indoors!

You think it's bad now? In 20 years our country will be run by people home-schooled by daytime drinkers!

This virus has done what no woman had been able to do: cancel all sports, shut down all bars and keep men at home!!!

Do not call the police if you see suspicious-looking people in your neighborhood. Those are your neighbours, without makeup and hair extensions!

Since we can't eat out, now's the perfect time to eat better, get fit and stay healthy. We're quarantined! Who are we trying to impress? We have snacks, we have trackpants – I say we use them!

Day 7 at home and the dog is looking at me like, "See? This is why I chew the furniture!"

Does anyone know if we can take showers yet or should we just keep washing our hands?

I never thought the comment "I wouldn't touch him/her with a 6 foot barge pole" would become a national policy but ... here we are!

Me: Alexa what's the weather forecast for this weekend?

Alexa: It doesn't matter – you're not going anywhere.

Can everyone please just follow the government instructions so we can knock out this corona virus and be done? I feel like a kindergarten kid who keeps losing more recess time because one or two kids can't follow directions.

I swear my fridge just said, "What the hell do you want now?"

When this is over, which meeting do I attend first? Weight Watchers or AA?

DID YOU KNOW?

A collective noun is the word used to represent a group of people, animals or things. Here are some examples relating to animals:

A bloat of hippopotami
A crash of rhinoceri
A circus of puffins
A durante of toucans
A clew of worms
A cornucopia of slugs
A bind of salmon
A hover of trout
An army of frogs
A knab of toads
A quiver of cobras
A rhumba of rattlesnakes
A flamboyance of flamingoes
A confusion of guinea fowl



HOW DO YOU RATE AS A READER?

Do you read 200 words a minute (wpm), which is poor or 260, which is average or 400, which is excellent?

Find out by having someone time you for exactly one minute, count the number of lines read and multiply by the average number of words per line.

Quick reading is important. If you read now at 250 wpm for 1 hour a day you will, in a sense, gain 7 hours extra per week if you double your rate.

Perceptual training is a useful exercise in helping to increase your speed. Cover a line of words with a card (not too long to begin with). Now jerk the card down and back up, to make a split-second exposure of the words. Can you read them all? If not, try again.

Practice this 'til you can get up to six words at a glance. Limit this to only five minutes a day.

For most adults, an increase of between 50 and 125 wpm in their normal speed will result in improved comprehension.

We can't travel the world at the moment but we can bring some of the world to you!



1500 year old Angel Oak tree in southern California, USA

The bridge between Denmark and Sweden dips into a tunnel



This is where the great wall of China ends

A view of Paris from the Eiffel Tower



QUIZ

1. You are a participant in a race. You overtake the second person. What position are you in?
2. If you overtake the last person, what place are you then in?
3. This arithmetic must be done in your head only. Do not use paper and pencil or a calculator. Take 1000 and add 40 to it. Now add another 1000. Now add 30. Add another 1000. Now add 20. Now add another 1000. Now add 10. What is the total?
4. Mary's father has five daughters: Nana, Nene, Nini, Nono and ??? What is the name of the fifth daughter?
5. A mute person goes into a shop and wants to buy a toothbrush. By imitating the action of brushing his teeth, he successfully expresses himself to the shopkeeper and the purchase is done. Soon afterwards, a blind man comes into the shop and wants to buy a pair of sunglasses. How does he indicate what he wants?
6. If peanut oil is made from peanuts and olive oil is made from olives, what is baby oil made from?
7. Why does a round pizza come in a square box?
8. What disease did cured ham actually have?
9. Do the Alphabet Song and Twinkle, Twinkle Little Star have the same tune?
10. Why did you just try singing the two songs above?



There are 2 types of people in this world....



We can now gather in tens instead of twos but this short video shows us why it is actually safer to travel in groups:

<https://www.youtube.com/watch?v=j-6z5OcqzVI>

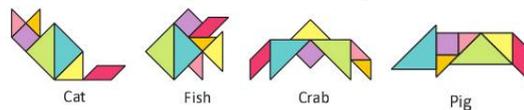
This video proves that, even in this digital age, sometimes there is no substitute for the real thing:

https://www.youtube.com/embed/V_gOZDWQj3Q?rel=0

Did you know that you can do all of this with an iPad?

<http://videos2view.net/iPad-Magician.htm>

Solutions to last week's
Tangram Challenge



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]

SPEED TEST ANSWERS 1. True 2. False 3. True 4. False 5. False 6. False 7. True 8. False 9. True 10. True
QUIZ ANSWERS 1. If you answered that you are first, then you are absolutely wrong! If you overtake the
second person and you take his place, you are in second place. 2. If you answered that you are second
to last, then you are wrong again. How can you overtake the last person? 3. Did you get 5000? The
correct answer is actually 4100. 4. Did you answer Nun? No, of course it isn't! If you read the question
again, you'll see that her name is Mary. 5. He just speaks up and asks for it. 6. to 10. If you take 3 steps
forward, turn around 180°, touch your left ear with your right index finger and start whistling, you'll wonder
why you did that. Now you'll realise that some things, like the answers to these questions, are meant to
make us wonder. That's what makes life so wonderful!