



SUSSEX AREA OF NAFAS

NATIONAL ASSOCIATION
OF FLOWER ARRANGEMENT
SOCIETIES

CHARITY No. 292377

www.SussexAreaNAFAS.org.uk

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Week 3 – Self-Distancing

Dear Members,

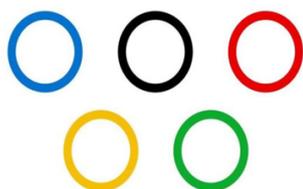
How are you keeping? Here's to a new week in the 'new normal'. It is heartening the way everyone is pulling together when we're all fighting an invisible enemy. Regrettably not all enemies are invisible, so I've included an extra page on some of the scams going around. I don't want to worry you but please be vigilant, especially with strangers and strange phone calls.

On the home front, my son is on leave from the army (having passed the Commando Course down in Lympstone so I'm a very proud Mum). We're managing so far in my tiny flat but, between you and me, he's got such an appetite he's eating me out of house and home! Luckily, I managed to get a supermarket delivery for the weekend.

Keep safe (and your distance!),

Jilly

This joke was replaced by Breaking News last week, and now it's out of date. It's all in the timing!



OLYMPIC GAMES TOKYO 2020

(SAFETY DISTANCE)

If you can't get out to the shops, try The Parsley Box. Their ready meals (and you can choose from wheat free, low sugar, low fat, etc.) can be stored in a cupboard as they are vacuum packed before slow cooking. They can last up to 6 months. Phone 0800 612 7225 for a catalogue or shop online at www.parsleybox.com.



There are two *Ginkgo biloba* (Maidenhair tree) in St John's Gardens near my flat. One faces West and the other East. What a difference in leaf burst!

I'm gearing up for Easter and what better way than to arrange some flowers. This week, I'm doing some prep work.

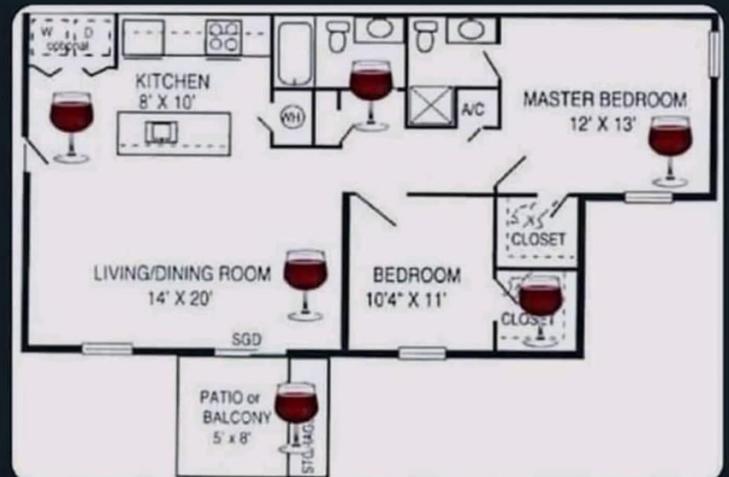
I seem to have a lot of eggshells (see opening comment!). We're rather partial to duck eggs which are glaringly white compared to the brown of the common hens' egg. Duck eggs have a much stronger shell which is useful if you have sausage fingers like me.

To break up the white, I crushed some hens' eggshells and glued them onto the duck eggs with PVA. This should make them stronger to use as well as giving a rough texture.

What am I going to do with them? Not sure just yet. Will let you know next week.



PLANNING YOUR WEEKEND TOUR MADE EASY...



**My thoughts going out for all
those poor married men
who've spent months telling
the wife
"I'll do that when I have time"**



**Apparently the latest
indoors keep-fit
exercise is keepie-
uppies with a toilet
roll. Always assuming
you've got one of
course.**



Let Hope Bloom from The Flower Council of
Holland. Have a look at their website:

www.flowercouncil.co.uk

If you're lucky enough to be able to touch your toes, here's Carol's treat of the week:

Just because you can't get out for your usual professional Pedicure doesn't mean you won't be able to have sandal-ready toes when the times come. So, here are 5 steps that you can do in your home while we have all that spare time on our hands.

But first, light a few candles and have a nice glass of wine by your side to help relax and get you in the right mood!

1. To remove every last bit of colour, soak a cotton pad in nail polish remover and hold it on each nail for a few seconds to allow any old polish to break down before you start wiping away. If you want that perfectly smooth lacquered finish at the end don't rush this step.
2. Now you are ready to soak your feet—which softens tough skin and cuticles and is very relaxing. Fill your bowl with warm water and add a liberal scoop of skin-soothing bath salts. Let your feet soak for a few minutes before moving to the next step - oh and don't forget a few sips of the wine at this stage.
3. Here's where a little multitasking comes into play. You'll want to reach for the nail scissors to trim and cut straight across your nails, followed by a file for shaping and smoothing. If you can, leave one foot soaking while you start on the other. If your heels or the sides of your toes feel like they could use a good scrub, use a pumice stone or foot file to gently smooth the skin. Then, switch your feet and repeat. Oh, you could have another sip of wine at this stage.
4. Take both feet out of the bowl and dry them off with a towel. With a foot cream or body lotion, begin massaging your toes, feet, and calves until you feel they have had enough! You can use an orange stick to push back your cuticles, save any trimming or cutting for when you next have it done professionally. Cuticles protect your nails from bacteria, and you shouldn't trust yourself to mess with them—especially with that glass of wine in hand! Remove any oily residue that could prevent your polish from sticking.
5. If you have toe separators now is the time to use them. Or tear off a piece of paper towel, rolling or twisting it into a sausage shape and weave it through your toes to prevent the polish from smudging. Then apply a thin layer of base coat on each nail. Follow with two thin coats of your favourite nail varnish letting the paint dry for a few minutes between each coat. If you go over the lines use a cotton wool bud soaked in a little remover to wipe any stray polish away.

That's it - sandal perfect nails and time to top up the wine, sit back and enjoy a job well done!

Jilly's tip: when I was a serious power walker, once a week at night, I used to slather my feet with Vaseline, putting on a pair of old socks to protect the sheets. Next morning, feet as soft as a baby's whatsit. Still do, in fact!

When the Navy works from home



In an unsettling reversal of my teenage years, I'm now yelling at my parents for going out.

Tricia's Blog (2)



Garage clearance finally completed and the skip has been collected. Phase 2 was the installation of some new racking which arrived this week. It is called Rapid Racking which as ever with self-assembly not as rapid as first thought. My husband was irritable, and I was impatient, so we decided that some social distancing was required. However, all the racking is now in place and marital harmony reigns once again!

I have now moved on to clearing my flower shed which is interesting, why do we need so much stuff? Most things have been purchased or collected on the grounds that they would come in useful, but most have actually sat there for the past 10 years so time to go. I have found enough wires to last me for the next 20 years (wishful thinking) and candles. I haven't counted them but possibly enough to light the whole of Ferring. Actually, that may not be a bad idea as we do not have street lighting here!

On the downside the new bathroom that we were due to have fitted has been postponed indefinitely and even the new sofa from Marks and Spencer's will not now be delivered in the near future.



On the plus side after not being able to obtain paracetamol my niece in Sheffield said she would send some which she duly did. However, the text message she sent me said 'Your Drugs are in the Post' expecting a call from the local constabulary at any time!

When you normally spend all your time at home anyway but now the government says you have to



How do you stay warm in a cold room? A. Go to the corner, because it's always 90 degrees.



Day 2 without sports:

Found a young lady sitting on my couch yesterday. Apparently, she's my wife. She seems nice.

Thanks to Ann Kennedy who passed this on - from a GP.

About the Coronavirus, the cause of the current Covid-19 Pandemic

The virus is not a living organism - instead, it is a protein chain of RNA within a protective layer of lipid (fat), which, when absorbed by human cells (usually through the ocular, nasal or buccal mucosa) embeds itself within their genetic code and converts them into multiplier cells churning out hundreds of thousands of copies of itself which can then be easily spread to other people.

Since the virus is not a living organism but a protein molecule, it cannot be killed - it will decay on its own given sufficient time. The rate of disintegration depends on the temperature, humidity and type of material upon which it settles.

The virus is very fragile; the only thing that protects it is a thin outer layer of lipid or fat. That is why they are vulnerable to any soap or detergent. Soap breaks down the external lipid layer. By dissolving this external barrier, the virus is effectively broken down and washed away.

HEAT helps denature the virus - this is why it is good to use hot water for washing hands, clothes and anything else. Drinking very hot water to try and kill the virus is dangerous and NOT advised.

Any alcohol preparation with a concentration over 65% will destroy the external lipid layer of the virus.

A mixture of 1-part bleach to 5-parts water will directly denature viral protein. Bleach should NEVER be ingested even if diluted.

BACTERICIDAL systemic preparations such as antibiotics are not helpful. The virus is not a living organism like a bacterium, and you cannot kill what is not alive.

Normal soap destroys and removes the virus effectively and need not be bactericidal.

NEVER shake used or unused clothing, sheets or clothes. While it is stuck to a porous surface, it is very inert and disintegrates within 3 hours (fabric and porous), 4 hours (copper and wood), 24 hours (cardboard), 42 hours (metal) and 72 hours (plastic). Viral molecules can float in the air and be inhaled for up to 3 hours.

The virus remains very stable in externally or artificially cooled environments such as air conditioners in houses and cars. They are also more likely to remain stable in moist, dark environments. Therefore, dry, warm and bright environments will tend to degrade it more quickly.

UV LIGHT helps break down viral protein. Be careful though, it also breaks down collagen (which is also a protein) in the skin, eventually causing wrinkles and possibly leading to skin cancer.

The virus CANNOT penetrate healthy skin.

Vinegar is NOT useful because it does not break down the protective lipid layer.

NO ALCOHOLIC SPIRITS will kill it directly. The strongest vodka is 40% alcohol, and you need a concentration of at least 65%.

The more confined the space, the more concentrated the virus can be. The more open or naturally ventilated a space, the less virus there will tend to be.

HAND-WASHING REMAINS KING - you should wash your hands before and after touching food, locks, doorknobs, switches, remote controls, mobile phones, watches, computers, desks, TV, etc. And whenever you have finished using the bathroom. If in doubt, wash your hands for at least 20 seconds with warm, soapy wash, dry them on a paper towel, and dispose of the towel immediately.

It's a good idea to moisturise your hands regularly because the amount of washing that we are having to do can leave them dry and cracked. Viral particles can shelter in these micro-abrasions.

Also keep your NAILS SHORT so that the viral particles cannot hide there.

Please be aware of the following scams. Forewarned is forearmed.

COVID-19 scams identified include:

Doorstep crime

- Criminals targeting older people on their doorstep and offering to do their shopping. Thieves take the money and do not return.
- Doorstep cleansing services that offer to clean drives and doorways to kill bacteria and help prevent the spread of the virus.

Online scams

- Email scams that trick people into opening malicious attachments, which put people at risk of identity theft with personal information, passwords, contacts and bank details at risk. Some of these emails have lured people to click on attachments by offering information about people in the local area who are affected by coronavirus.
- Fake online resources – such as false Coronavirus Maps – that deliver malware such as AZORult Trojan, an information stealing program which can infiltrate a variety of sensitive data. A prominent example that has deployed malware is '*corona-virus-map[dot]com*'.

Refund scams

- Companies offering fake holiday refunds for individuals who have been forced to cancel their trips. People seeking refunds should also be wary of fake websites set up to claim holiday refunds.

Counterfeit goods

- Fake sanitisers, face masks and Covid19 swabbing kits sold online and door-to-door. These products can often be dangerous and unsafe. There are reports of some potentially harmful hand sanitiser containing glutaral (or glutaraldehyde), which was banned for human use in 2014.

Telephone scams

- As more people self-isolate at home there is an increasing risk that telephone scams will also rise, including criminals claiming to be your bank, mortgage lender or utility company.

Donation scams

- There have been reports of thieves extorting money from consumers by claiming they are collecting donations for a COVID-19 'vaccine'.

Loan sharks

- Illegal money lenders are expected to prey on people's financial hardship, lending money before charging extortionate interest rates and fees through threats and violence