



Hello everyone,

David Hockney

How are we all doing?

Baking sourdough? Organising photos? Spring cleaning? Thinking about training as a teacher? Me neither! Although at a low point I did think about making a Tik-Tok video. Don't judge!

After 7 weeks at home I can host a Zoom meeting,, clean the kitchen in an (almost) Husband Acceptable fashion and identify the bulbs coming up in our garden.

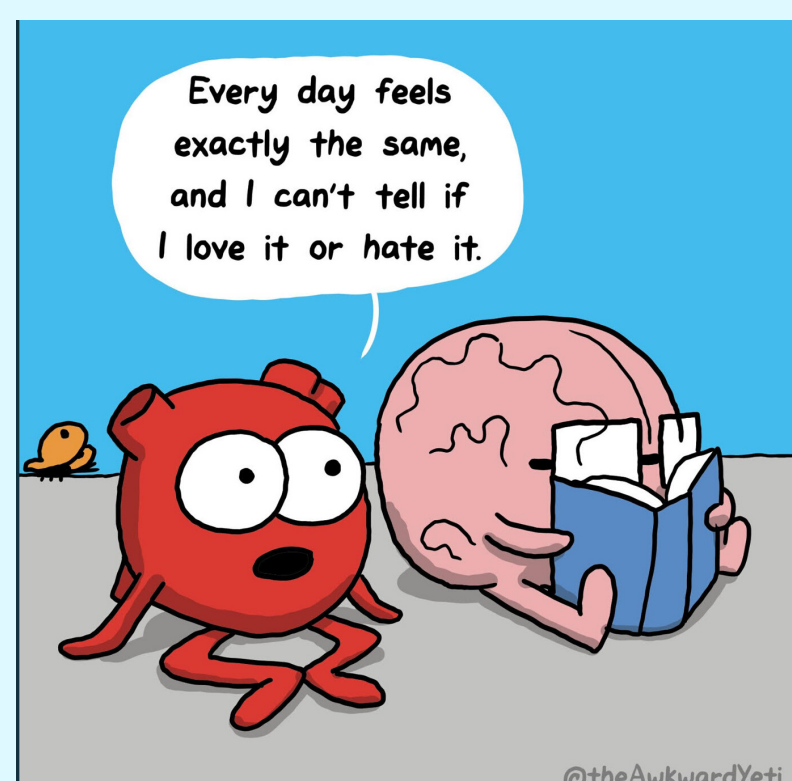
From my privileged position where I've not lost family or friends or been sick myself, I've experienced more feelings and emotions than I can name. Including fear, guilt, anxiety, anger, loneliness, grief, sadness, connection, relief, hope and gratitude.

For the first time in my adult life I have no long term plans. Just what's happening today and maybe tomorrow. Is there an online meeting, should I wear a bra, call my mother, go for a walk, what are we eating tonight?

Not my usual array of choices and decisions. Should I book a hair cut/ flight/trip/conference, buy tickets for the theatre/movie/concert/festival, go out for breakfast, brunch, coffee or lunch, drinks, dinner or dessert, drive to the lake, the mountains, the coast or fly home to England? For now and the foreseeable future I stay right here.

In the present moment.

Desperate for a haircut! And HUGS!!



Silly stuff from Twitter to make you smile!



Lock Me Up Lock Me Down.

Animation set in the time of Covid19 by Tamsin Rafn

Click on [IMAGE](#) Sound ON!



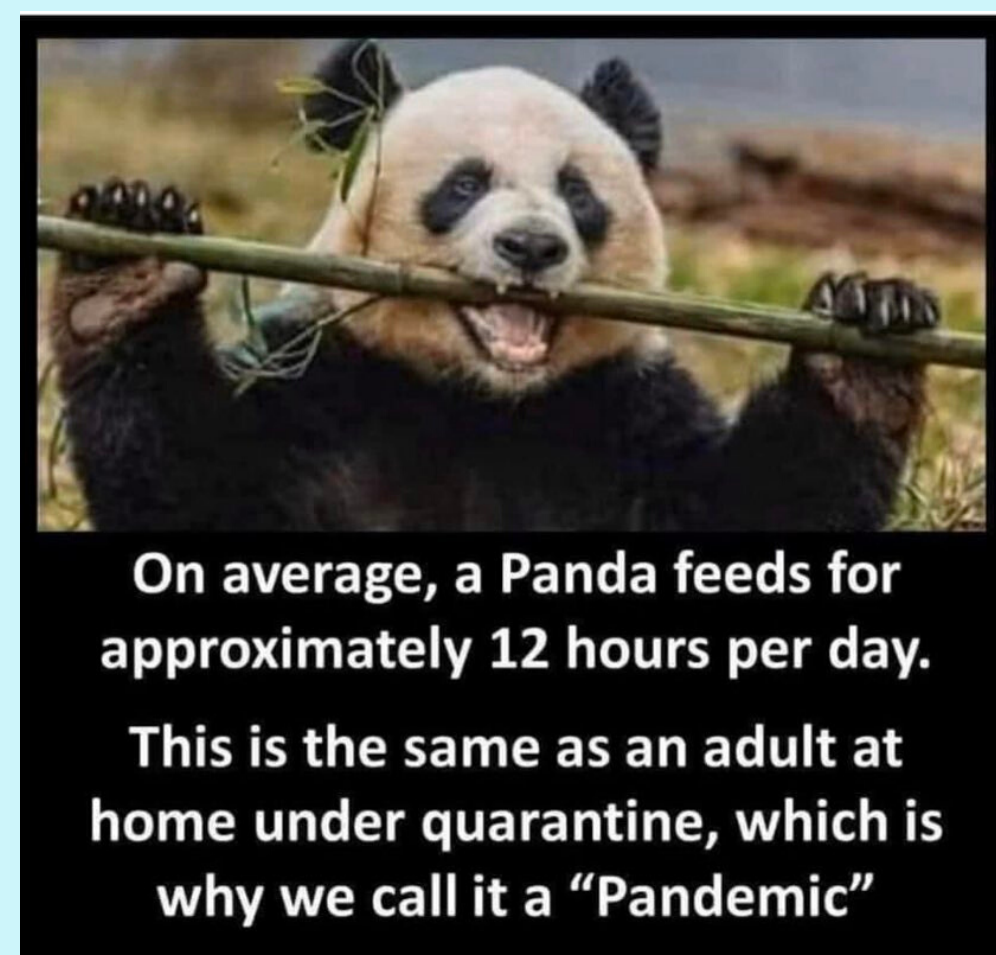
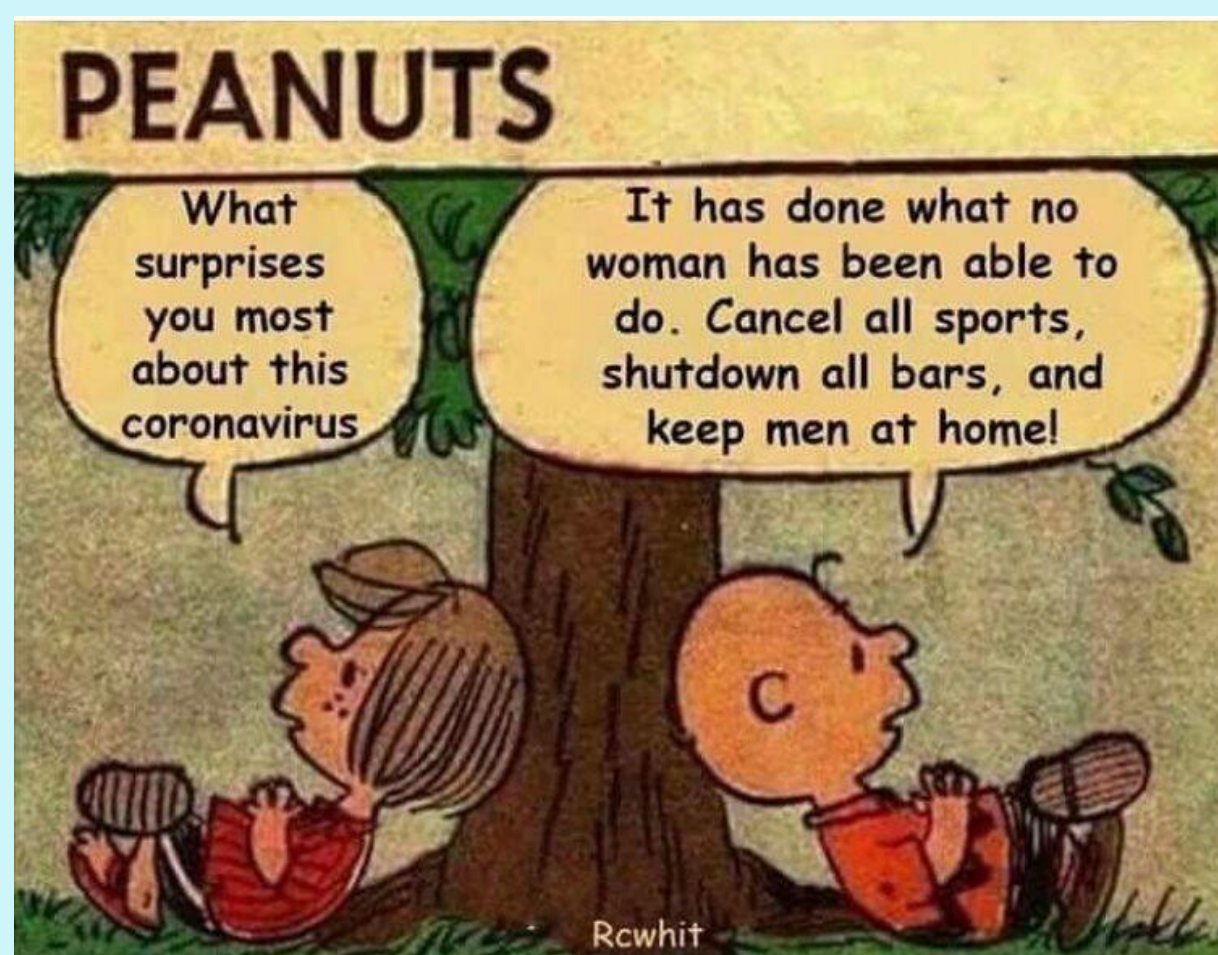
Trust me you need to see this!

Click [IMAGE](#)



Turtles not your thing? You'll love this!

Click on the [IMAGE](#) Sound ON



On average, a Panda feeds for approximately 12 hours per day.

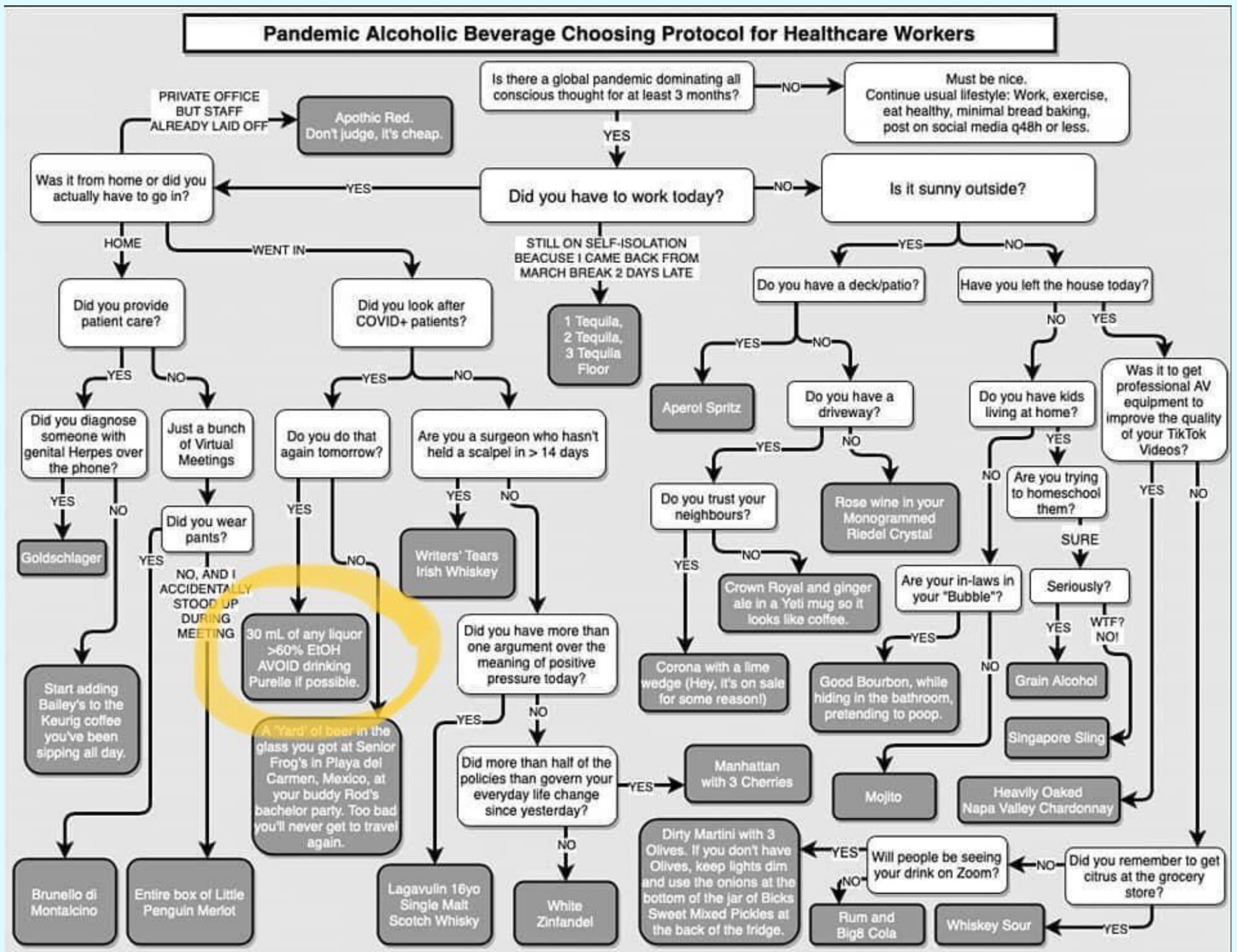
This is the same as an adult at home under quarantine, which is why we call it a "Pandemic"



Just one buzz and I can feel my phone ring... It's my girls and I forget everything...

For those of us missing our girlfriends I think we could do with The Starlets and a little ABBA right now. [CLICK LEFT IMAGE](#). Full volume people! No one's watching!

I know this is a bit of a busy slide, but !



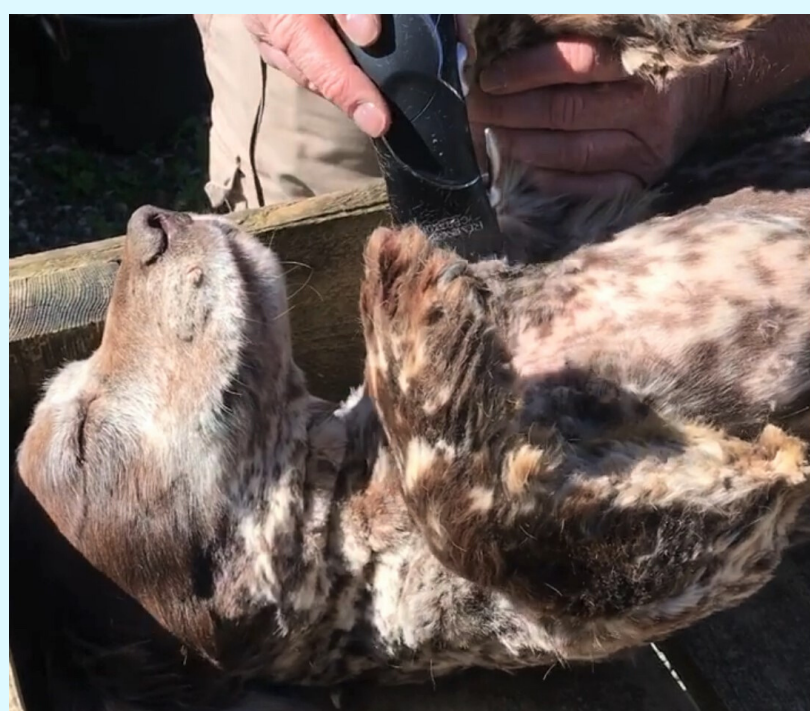


**You must be true to yourself.
Strong enough to be true to yourself.
Brave enough to be strong enough to be true to yourself.**

Sylvia Ashton-Warner



Dog bath as a meditation!
Click **IMAGE** & Sound ON



Bonus dog haircut. Click **IMAGE**
Sorry to mention the H-word!





Cranes in August

Kim Addonizio, b. 1954

They clutter the house,
awkwardly folded, unable
to rise. My daughter makes
and makes them, having heard
the old story: what we create
may save us. I string
a long line of them over
the window. Outside
the gray doves bring
their one vowel to the air,
the same sound
from many throats, repeated.

Xin Song, *Tree of Life*, 2012

Poetry Action Arts & Design POETRY SOCIETY OF AMERICA

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Do Remember They Can't Cancel the Spring
David Hockney



Thank you so much for reading,
I hope you enjoyed a little break
and a laugh or three!

With my love and best wishes,
Sue



Yo-Yo Ma SongsOfComfort
playlist on Spotify **CLICK image**

