

limitations on them. If they want to lug it in to school and talk about it, they're welcome.

Well, one day this little girl, Erica, a very bright, very outgoing kid, takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater.

She holds up a snapshot of an infant. "This is Luke, my baby brother, and I'm going to tell you about his birthday".

"First, Mom and Dad made him as a symbol of their love, and then Dad put a seed in my Mom's stomach, and Luke grew in there. He ate for nine months through an umbrella cord."

She's standing there with her hands on the pillow, and I'm trying not to laugh and wishing I had my camcorder with me. The kids are watching her in amazement.

"Then, about two Saturdays ago, my Mom starts going, 'Oh, Oh, Oh, and Oh!'" Erica puts a hand behind her back and groans. "She walked around the house for, like an hour, 'Oh, oh, oh!'" (Now this kid is doing a hysterical duck walk and groaning.)

"My Dad called the middle wife. She delivers babies, but she doesn't have a sign on the car like the Domino's man. They got my Mom to lie down in bed like this (then Erica lies down with her back against the wall)."

"And then, pop! My Mom had this bag of water she kept in there in case he got thirsty, and it just blew up and spilled all over the bed, like Psshheew! (this kid has her legs spread with her little hands miming water flowing away. It was too much!)"

"Then the middle wife starts saying 'push, push,' and 'breathe, breathe'. They started counting, but never even got past ten. Then, all of a sudden, out comes my brother. He was covered in yucky stuff that they all said it was from Mom's play-centre, so there must be a lot of toys inside there. When he got out, the middle wife spanked him for crawling up in there in the first place."

Then Erica stood up, took a big theatrical bow and returned to her seat. I'm sure I applauded the loudest. Ever since then, when it's Show-and-Tell day, I bring my camcorder, just in case another "Middle Wife" comes along.

And finally some more "Do you love words?"

- I know a guy who's addicted to brake fluid, but he says he can stop any time.
- I stayed up all night to see where the sun went, and then it dawned on me.
- This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- I'm reading a book about anti-gravity. I just can't put it down.

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JULY 2020 NEWSLETTER

PRESIDENT'S MISSIVE

We have been in lockdown now for nearly four months and I know it has been difficult for all of us during this period. Nevertheless, there is some optimism about the coming months when there will be a relaxation of some of the conditions associated with our confinement such that we may be able to resume some of our social activities and hold general meetings.

We have broken the drought and been fortunate enough to attend a President's Coffee Club get together at Carlingford Court shopping centre last Friday and we are planning to have another one on Friday week.

At our mid-July Committee meeting this month we will consider the overall situation but at this stage, even with the expectation of a further relaxation of Social Distancing rules, it is likely that we will have to postpone most social gatherings and our monthly meeting again for the month of August.

This July edition of our Newsletter has been prepared by Col Short and will be distributed to members by Email. We will try to print some copies and mail to those members who do not have access to Email. With no activities of any kind (except for the President's Coffee Club and the Old Codgers meetings) underway Col has included some articles and humour submitted by our members.

As an optimist I believe that we may be in a good position to resume our general Meetings and all of our normal activities in September. I do hope that comes to pass and that our social lives resume normality.

My warmest regards.

SECRETARY'S REPORT

As SARS-COV-2 related Government guidelines on activities are changed—currently being thankfully relaxed—the Club is endeavouring to resume more activities. The Old Codgers Music Group and President's Coffee Morning have been meeting (virtually via "Zoom" sessions) more or

less fortnightly, the Coffee Morning moving to a physical get-together last Friday (3 July) at Carlingford Court, with 20 attendees. The Wobblies have resumed regular cycling outings, and hope to have an event soon in which non-cyclists can participate: a trip to Swansea for cyclists to ride one of the many cycle-ways in that region, while non-cyclists have coffee and/or a social wander around the area, all meeting up afterwards for lunch (car-sharing will be involved). A local Ramble is being planned, short and easy (details to be advised). The Old Codgers are hoping to get physical if our homes are large enough to allow suitable physical distancing. We aim to have a General Meeting in August—real if possible or if numbers are restricted we will endeavour to record the session and make it available to members via Zoom.

I am pleased to advise that the following activities are currently scheduled or being organised:

- Old Codgers Music Group—probably Monday, 13 July 2020 at 2.00 p.m., venue to be advised;
- The Wobblies cycling—Friday, 17 July 2020 at 10.00 a.m., location to be advised;
- President's Coffee Morning—Friday, 24 July 2020 at 10.00 a.m., Coffee Club, Carlingford Court;
- General Meeting—Monday, 10 August 2020 at 10.00 a.m., venue to be advised, hopefully Epping Presbyterian Church Hall;
- Ramble—to be advised.

I encourage you to participate in these activities if possible. For all events, all safety protocols relating to COVID 19 should be adhered to, e.g., social distancing, hand sanitising, do not attend a physical event if you feel unwell.

On a different tack, members are also encouraged to send a written contribution for the Newsletter to our editor (cbshort@bigpond.com). Humour, reflective, anecdotal, et cetera, as long as it is “fit for publication”. Length not fixed.

Hoping you are keeping well, and with my best wishes.

WELFARE REPORT (prepared by our welfare officer, Ray Palmer)

I have made contact with the following non-active members and enjoyed conversations with them all: Keith Butler, John Cox, Malcolm Crapp, Laurie Fuller, Arthur Goswell, Owen Harrison, Brian Howard, Tony Malin, Ron Macintosh, Don Marshall, Dick Nicholson, John Webb and Paul Woodward.

I made contact with Ian Evans's son and he advised that his Dad, who turned 90 on 16 June, is not the best—even so our good wishes were sent to Ian. Ian Campbell celebrated his 90th birthday on 21 June and our good wishes were sent to him. Wal Williams had a fall since last I spoke to him but is

recovering. John Salmon is now in full care at Courtland's Aged Care North Parramatta, together with his wife Fay.

Sadly we lost our special member Gordon Lidgett on 4 June and my wife and I had the privilege to attend his celebration of a wonderful life. Gordon was 96 years old.

With respect to Active Members, Alf McDermott is finding it hard with his ongoing issues—he turned 87 on 17 June and Ron Leslie is suffering with his ongoing issues as well—he turned 80 on 8 July and we have sent a congratulations card with best wishes from the Committee and club members.

CYBER SECURITY (contributed by Ed Thurston)

On Friday, 19 June 2020, our Prime Minister brought to our attention the issue of Cyber Security. From my own experience, I have noticed that over the last 18 months some members have raised security concerns regarding the following (my Top 10 only):

1. Web Conferencing Security (particularly Zoom);
2. Cloud Computing Security;
3. Virtual Private Networks;
4. Malicious Email Mitigation Strategies;
5. Turning on Two-Factor Authentication in Facebook;
6. How to Combat Fake Emails;
7. Travelling Overseas with Electronic Devices;
8. Security Tips for Personal Devices;
9. Domain Name System Security;
10. Security Configuration for Apple iOS 12 Devices.

I am pleased to report that the Australian Signals Directorate has released some excellent publications on the above issues. I suggest that all members using the above applications visit <https://www.cyber.gov.au/publications>.

If you would like a full list of their publications please contact Ed (phone 9868-5016).

THE MIDDLE WIFE (by an anonymous 2nd grade teacher)

I have been teaching now for about fifteen years. I have two kids myself, but the best birth story I know is the one I saw in my own second grade Classroom a few years back.

When I was a kid, I loved Show-and-Tell. So I always have a few sessions with my students. It helps them get over shyness and usually, Show-and-Tell is pretty tame. Kids bring in pet turtles; model airplanes, pictures of fish they catch, stuff like that. And I never, ever place any boundaries or