

## Vetrun Extra – April 5

### Doing their homework

MANY younger members (*in Masters anyone who still has a regular job qualifies as young*) are discovering the delights of working from home. Sandra Rourke usually commutes from hills to city and has saved around 15 hours a week. All that extra time for training means we can expect her to lead the pack – when we can next muster one.

### Many others are used to the rigours of home work – you think Vetrun comes out by magic?

*Maxine Santich works from home counselling people with emotional problems. She sent me the following, true tale that illustrates her working day.*

Had a call that made me laugh yesterday.

It came from a small town (the name of which I mispronounced.)

The caller said only posh people said it like that!

I must be posh then I said - not amused...

He wanted to know if I could help him take his life?

**Hmm, our job is to save lives.**

He reckons everyone around him is loopy!

Angry, aggressive, abusive, drunk - I persevered, not sure why, and he came around, told me his life story.

Ended up getting on his knees and saying a prayer for me.

Then he finished, saying:

“I hope I can get up. Last time I did this I went guts up and the lounge chair landed on top of me.”

Cheers!

### The jigs are up

*Old-style home entertainment is re-emerging.*

*Margaret Langford was loaned a 1500-piece jigsaw puzzle by Richard Blurton.*

“I do read Vetrun Extra,” she claims “and so does Jim so you have at least two disciples. But as for YODA (*the new game I invented – Vetrun Extra- April 3: VW*) I can't possibly spare the time from my total absorption in the jigsaw puzzle. Three hundred pieces down and only 1200 to go which, at the current

rate, will take about 16 more days; although I haven't got to the really hard bits yet, like the clear blue sky.”

## **Lynne’s doing fine – and also working at home**

NICE to have you touch base again, Vic, I haven’t got to reading your magnum opus yet, but will do so when the very hard jigsaw puzzle has been finished. If you want a bit of humour for the Vetrin extra page, Bob and I were looking at where we would be at the club run this morning, and as he browsed through the calendar seeing the runs we could now not attend, he got very “excited”. If we don’t start back before the end of May (very unlikely) he noticed that he will retain the title of winner of the 2019 **Guess Your Own Time** event and keep for another year that magnificent, most sought-after (ugly) trophy which is keeping us company. Will leave it to you to put this into suitable words...

### Recovery

As for me, I am recovering well, walking about 2km most days along the river, doing some gardening, reading, and of course WMA work.

Lots of decisions to make now that Toronto has been cancelled and cannot commit to holding the event in 2021, so the future competition calendar has to be reorganised.

I must say that having WMA admin work to keep up with has been a great help to my recovery – even when in hospital I could access the emails on my phone and reply.

And of course all the support from our wonderful club members, my amazing husband and our family has helped me through all this. In many ways the slow-down due to the virus restrictions is a blessing in disguise.

I will now have more time to recover before we step up the pace in 2021 and hopefully I will even get back to competing - at a much slower, lower level of course.

Well, that’s just a ramble from me on life in general!

**If you want to put anything in the Extra page, just say I am recovering well and thanks for all the messages of support from club members.**

I do miss not seeing everyone on Sundays.

This social isolation will really impact on the well-being of many “elderly” folk – not us of course!

Fond regards to you all, hope you are keeping well too.

Lynne

*Vetrun Extra* is a new service from Masters to keep our members in contact with each other and with their club during this difficult time.

Please do just that –stay in touch!

Let me know how you're coping, staying fit, occupying your time.

Email contributions for me to include in *Vetrun Extra* –send to [vfdwaters@gmail.com](mailto:vfdwaters@gmail.com).

I'll reply to all your emails and, if suitable, share your words on this page with all the members.