

Vetrun Extra – April 3

Don't Force it

ABC radio has a programme called Sporty, which is running a competition to invent a new game or sport; laudable idea at this particular time.

Indoor games would be most useful I thought, so, this is my entry.

I am not terribly confident about my chances of winning the prize.

Dear Sporty,

My suggestion is designed for all those listeners and viewers who are revelling in the truncated sports reports that now follow ABC tv news.

For such non-sports fans, this new game is to be known as YODA.

There are no rules.

It can be played anywhere, at any time, and is intended to exercise the mind.

I suggest players begin with simple plays.

Stare at any inanimate object; concentrate; elevate it.

Small objects might be easiest, depending upon the power of the player's intellect.

Having mastered the first play, using nothing larger than a refrigerator, move on to harder, more demanding plays.

Currently, I am personally concentrating intently on ABC presenters and broadcasters, and attempting to move them to say 'effect' every time 'impact' comes to mind.

Best wishes,

Vic Waters

Wembley Downs, WA



Sci-fi aside, how long will I live?

As concerns about dementia grow, more research is investigating how we can keep our brains fit and sharp

**Amelia Hill
in the Guardian**

LIVING to 100 will soon become a routine fact of (long) life. Life expectancies have been rising by up to three months a year since 1840 and although gains in the UK began to slow in 2011, it is still estimated that more than half the babies born in wealthier countries since 2000 may reach their 100th birthdays.

It is an impressive increase: in the early 1900s, the probability of a baby reaching 100 was 1%. A newborn in the UK today has a 50% chance of living to 105. There were 3,600 centenarians in 1986. Today there are some 15,000. You do not have to be a newborn to benefit from this trend of increased longevity, though. A 60-year-old in the west today has an even chance of living to 90 and a 40-year-old can expect to live to 95.

But the longevity boost is not done yet: it is generally agreed that the natural ceiling to human life is somewhere around 115. Others say that even without cutting-edge AI or other technological wizardry, we could live far longer.

Read the full report here:

<https://www.theguardian.com/news/2020/feb/24/the-100-year-life-how-to-prolong-a-healthy-mind>

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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.

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

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