

There certainly have been stages throughout the time in lockdown. As an older couple we adhered to the request 'To stay at Home' and at first it was a bit of a novelty, however this was followed by the realisation that each day seemed the same and time and dates became rather a blur. A feeling of lethargy seemed to overtake me but after a stern talking to myself, I entered the next stage which was a need to become involved with this new sense of 'normal'. I became involved in zoom sessions which I loved and was able to continue Zumba classes and see some of the people I was missing seeing. I take my hat off to our Zumba teacher who with the help of her daughter managed to get these sessions up and running. I was touched when I received a phone call from Lane Cove Council to see if my husband and I were coping alright during this period and reminding us of how Community Services could help if it was needed. I missed seeing family. One family with 4 grandchildren are in South Australia and of course with borders closed have been unable to visit. Older Grandchildren stayed in contact but were advised not to visit as our age group was considered to be at risk. Another Son is in South Korea and is also unable to come home, this poor man has missed his wife's 50th birthday his daughters 18th birthday and soon will miss my 80th birthday. Neighbours have been wonderful, offered to get groceries, but as time passed, I had Woolworths delivery. This wonderful technological world in which we live has allowed us to face time family, on skype or even What's App. As Lane Cove is starting to come alive again, one is reminded of just how lucky we have been throughout this time, there is a niggle in the back of my mind about a second wave, and even though we are allowed more of our normal life to return I shall continue to self-distance, wash hands, and keep my fingers crossed that Australia is really the lucky country.

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