

## Surviving level 5 lockdown.

I guess that no one knew what to expect when the State President announced that we would be going into level 5 lockdown for three weeks on the 27<sup>th</sup> March. We had time to prepare and to stock up with food and drink (adequate fortunately!). We were very apprehensive, and although we were allowed out to buy food, medicines, and for medical purposes, it was best to stay at home- both to keep away from the virus, but also from the authorities- with the police and army potentially roaming the streets, what could one expect?

For Evelyn and I, a great deprivation was our (slow) morning jog and afternoon walk around the block. I thought about this, quickly realising that we had an immediate solution. Our own garden. This would also provide mental and physical stimulation.

Whilst this is not huge, it is quite hilly and offered the prospect of rustic and challenging features- like a woodland trail would have-bumpy paths, dodging trees etc. It also has access to some bush at the rear, which already had a rough dead-end path in it.

I started work on the first day planning the route and clearing some of the undergrowth. I built some trail steps with gum poles and secured them with pegs and wire as a forester would.

Evelyn spotted the prospect of an additional loop round some rocks and I constructed a path with some spare concrete pavers I had (not enough, and I could not buy more) I incorporated existing steps and pathways, trying where possible not to have to retrace our steps.

We were able to use the trail as it was being constructed, but when finished, it was 400 paces and took an energetic 5 minutes each way. Thus there and back was 10 minutes and a half hour challenging walk was three circuits.

During level 5, we used it early in the mornings and in the afternoons and it kept us going. After five weeks when we went to level four, it got less use, but even now that we can go out, we walk it occasionally- sometimes as a stroll to see the garden and sometimes furiously to see if we can still do it in 5 minutes.

So there it is, now very dry and covered with fallen leaves. A memento to level 5 lockdown. Come and try it when things get back to normal! John Stoddard

