



The Covid Times

Edition 4

Well, this is the fourth edition of *The Covid Times* and I have been asked to pen a few words and as it is *The Covid Times* I am going to give you some thoughts on the pandemic itself.

By Steven Warwick DepDistGPref

I start by wondering "where are the 80%?". You will no doubt remember that in the early days of the daily government news conference, Sir Patrick Vallance was keen to remind us that 80% of those who caught Covid-19 would experience only "mild or moderate symptoms", a message that seems to have been lost of late in the increasing media hysteria. I mention this particularly as I am one of the 80%, having contracted the disease in early March and come through it without too much trouble. Two doctors from my surgery were very helpful over the phone and it was less unpleasant than the one occasion when I had the flu.

I am now part of what I would expect to be a significant number of people that, so far, we are unable to quantify.

There has, however, been some research ongoing for quite some time on this subject. Professor Tim Spector is the Head of Genetic Epidemiology at King's College London. At the end of March his department, in conjunction with a healthcare data company, launched an app which is currently being used by 3,576,301 people to track their daily health and any Covid-19 symptoms they might experience.

Professor Spector's recent view is that "the official number of confirmed cases - just over 230,000 - is "very artificial" because it is only the number they've been able to test, or get to hospital". Based on his research he believes that "the real number is in the millions". He added that the numbers appear to be falling, saying "It seems to be that it's largely gone out of the population, where rates are really low. The apparent disparity between the general population and hospitals and care homes is probably due to residual infections they haven't been able to get rid of, particularly in care homes".

(continues below)



Virtual Get-together

Why not join the District Grand Prefect and other members of the District at a virtual get-together - every Saturday at 8pm. Please let [Scott Cargill](#) know if you would like to participate so that he can send you an invitation (the link to Zoom changes on a weekly basis).

Why have I highlighted this study, Brethren? Well, it is research that helps to indicate that there **is** light at the end of the tunnel. Amidst all the gloom, doom and panic that surrounds us it appears that the 80% can get through the disease without hospitalisation and that very many of them may already have done so. We also know that of the other 20% the vast majority will recover, even if they have more severe symptoms. It is just a fact of life that the media will dwell on the worst aspects of the disease and the heartbreak it can bring.
(continues below)

Mental Health

The NHS has some excellent advice on maintaining your mental well-being, which can be found [here](#).

Physical Health

Exercise is also very important at this time, so here are some useful videos for indoor exercise - [strenuous](#) or [not so strenuous](#).

Lockdown Recipes - Welsh Cakes

It may not be St. David's Day, but listening to the Grand Secretary on Zoom the other evening made us think Welsh - so why not try [this recipe](#) for a mid-afternoon treat?

NEWS FLASH

The Facebook group *Freemasons Without Borders* is hosting a Zoom conference on Tuesday 19 May and the guest speaker on this occasion will be Scott Cargill who will be talking about the Allied Masonic Degrees. If you know someone who is interested in joining the AMD, why not let them know? Alternatively, if you would like to learn more about our splendid Order then please do join us. The details are below:

Date: 19 May - Start time: 17:00

Link to join: <https://zoom.us/join> & use meeting ID 986-118-5386 & password 19842001)

GOOD DEED FEED

Many people are helping their local community or fellow Masons. If you are one of those superstars, why not click on the button above to let us know what you are doing and we can then share the stories with the District.

Richard Criddle of Metropolitan A Council and Britannic Council of Madeira writes:

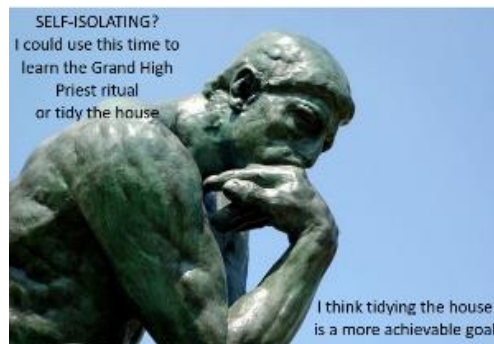
Having passed my DBS check (clearly my exploits as a wayward teenager have either been forgiven or forgotten by the authorities!), every morning I have been able to drive around the local area delivering medication to shielded or vulnerable patients. Each evening I punch in all the postcodes into a very useful website which then gives me an optimised route, and the following morning I jump into my little pharmacy-branded van and drive around the local streets of Epsom. I usually ring ahead in order to give the patients a bit of notice that I'm coming (many are quite infirm and it can take them a good 10 minutes or so to get to the front door). Having got to a house, I ring the doorbell, put the medication on the ground and take a few steps back. I can't ask for a signature because of social distancing, but I do log the time of delivery and if a spouse or carer has come to the door to collect. Then it's back into the van and off to the next house. Unfortunately I haven't any amusing experience to relate - other than one elderly lady opening an upstairs window and yelling "I've got no clothes on, can you come back later?"!

In a future edition I'll tell you about some other the voluntary work I'm doing - this time for the Ministry of Housing, Communities & Local Government...

I am not for one moment suggesting that those at risk, and we in Masonry know many, should do anything other than protect themselves and their families with every effort. However, let us not lose sight of the light on the horizon. Hopefully it will not be too long before we can meet again and enjoy all that our Allied Masonry can bring. In the meantime, Brethren, try to keep safe and stay happy.

Daily Advancement in Masonic Knowledge

The [fourth podcast](#), from Neil Thomas Allen, is all about the Order of the Secret Monitor, and features an interview with Worthy Brother John Watts who is the Grand Sword Bearer of the OSM. One of the offices in an OSM unit is that of Visiting Deacon which, given the circumstances we are in, is particularly pertinent.



Although we are not holding any Council meetings, the District photo competition is still very much running. Why not send us pictures of how you are spending your time in self-isolation? Contact details can be found below.

Freemasonry in Film and TV

Do you know of any instances of where Freemasonry has appeared in film or TV? Why not write in (contact details are at the bottom of *The Covid Times*) and let us know? Below are a few examples for your "televisual" delight:

[*The Adventures of Robin Hood*](#) - well worth watching the entire episode

[*The Secret World of Female Freemasons*](#)

And for a bit of light relief: [*Hale & Pace*](#)

We'll add to this list with each edition of *The Covid Times*.



There's no need to be bored during the period of lockdown, especially with this list of activities on offer...

- In the last edition of *The Covid Times* we featured a crossword. How well did you do? The answers can be found [here](#).
 - Steve Roberts has created this [Sudoku](#) for your enjoyment. The solution will be in the next edition of *The Covid Times*.
 - Hear a global cast read complete Shakespearean works every Wednesday at 7pm. Click [here](#).
 - Keep your green fingers active with top tips from Covent Garden's Head Gardener and horticulture expert Kenny Raybould. Click [here](#).
 - Go behind the scenes of iconic Regent Street shops and restaurants, including tasty recipes from The Langham and Sakagura, and Untold Stories from retailers. Click [here](#).
 - Sing along to some of Andrew Lloyd Webber's biggest West End musicals with [The Shows Must Go On](#), including *Cats* and *Phantom of the Opera*. Every Friday at 7pm.
 - The likes of Jo Brand, Russell Kane and Professor Brian Cox are putting on live podcasts and comedy during [The Stay at Home Festival](#) – the shows are free but tips are welcome! Various dates.
 - Discover the riches of the [British Library](#) – locate old maps, view virtual books and turn the pages, take a virtual highlights tour.
 - The [National Theatre](#) is streaming some of its NT Live productions on Thursday evenings on YouTube, including *Jane Eyre*, *Twelfth Night* and *Treasure Island*.
 - The [London Symphony Orchestra](#) will be streaming full length concerts on Thursday evenings – click on “Always playing”.
 - Scrabble online - click [here](#).
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The Covid Times is brought to you by Richard Criddle and Steve Roberts, and edited by Scott Cargill. All feedback and contributions are welcome and can be emailed to richard-criddle@rocketmail.com.

