Dear friends

I hope everyone is safe and well during these uncertain and unprecedented times.

As I write, many borders remain closed and the world is full of anticipation regarding the gradual lifting of the COVID-19 restrictions proposed over the coming weeks, and the long-term implications of the challenges ahead when navigating our way through this extraordinary period of our lives. On a positive note a delightful example of social distancing is seen in this enchanting photo of two visiting Rainbow Lorikeets!

Being positive helps in every aspect of life, but it is so easy to forget what an impact it can have in the workplace, home and our lives. I feel positivity is vital through this pandemic as it is key to our wellbeing. "*Just one small positive thought in the morning can change your whole day"* (Dalai Lama).

I certainly have been so inspired at the universal sharing of such positivity via email and telephone calls from friends and colleagues and their descriptions of how they adapted to a change of behaviour and lifestyle. Also, the outstanding kindness and generosity of my immediate neighbours who have supported our small community.

Since my first Note from Suffolk and starting a small photographic challenge with a friend, this has now expanded beyond any of my expectations! I am now gathering a wonderful depository of international photos from friends and colleagues. This is providing me with a wonderful rich tapestry of memories of this unique period of one's life.

Snippet from an Australian friend: *Celebrating ANZAC Day remembrance of war veterans*

'This year we each stood at the bottom of our driveways with a candle whilst the Memorial Address and the Last Post were played on our radios. We could call out to our neighbours or raise our candles, but handshakes and hugs will have to wait for next year.

We were fortunate enough to have a chorus from our local wild Kookaburras, who decided to chyme in both before and after our Service - especially noisy as the sun was rising'.

We may be temporarily pausing our lives as we have always known it, but you are all very much in my thoughts during this extraordinary time.

Warm regards and stay safe and well.

Ellie