

# Uncertain Times

Editor: Big Bang

No 5 24th April

“The Coping Strategies Edition”

## Unravelling Mysteries of the Human Psyche III

22nd April Science Reporter Phantom

### Using Humour to Deal with Coronavirus

We all know this outbreak is deadly serious, it restricts us, threatens our lives and livelihoods and can be downright depressing, but is it OK to use humour to deal with it?

Yes!

According to a spokesperson for the German Institute for Humour (yes, there is such a place), using humour is healthy and normal. In fact, it's called "Psycho-hygiene" because it's a form of release — fear and stress are abated, even if only for a short while.

The late Viktor E. Frankl, an Austrian author, psychiatrist, neurologist and Holocaust survivor, once expressed a very similar opinion.

In his book 'Nevertheless, say "yes" to life,' he detailed his experience as an inmate of several concentration camps during the Second

World War and how "camp humour" could be vital for survival.

He described it as a weapon of the soul in the fight for self-preservation. The joker rises, at least for a brief moment, above their reality instead of being completely overwhelmed by it.

So, go on, keep laughing and we'll get through this.

Today's quote: When my grandchildren ask how I survived the great toilet paper panic buying shortage of 2020, I'll tell them how my copy of 50 Shades of Grey was finally good for something.

So there you have it folks.

## From out of the Vault IV

### Flatten that curve!!

April 22nd From Our Science Reporter Phantom



## From out of the Vault V

17th April Animule

THE ANSWER  
MAY NOT LIE  
AT THE  
BOTTOM OF  
A BOTTLE  
OF WINE.  
BUT YOU SHOULD  
AT LEAST CHECK.

Cheers

Alcohol, especially wine has been known to man for the past 3000 years. During the Black Plague of the 14th Century it was well-known that those that drank beer are more likely to survive to old age than those who drank water from the well.

## Important Religious Facts II

I don't care who your old man is. This gathering is illegal.



Wine is one of religion's most common sacrifices. It not only was known as the "nectar of the Gods" in ancient times but it gives a good account of itself in modern times in Mass, funerals and weddings.

So imbibing in alcohol is not a bad thing – just drink it in moderation, UNLESS...

## Uncertain Times Page 2 Uncle Animule's Advice Column:

### Use Covid 19 isolation to build your body

Who has got muscles like this? Certainly not Donald Trump! Chicken Licken?

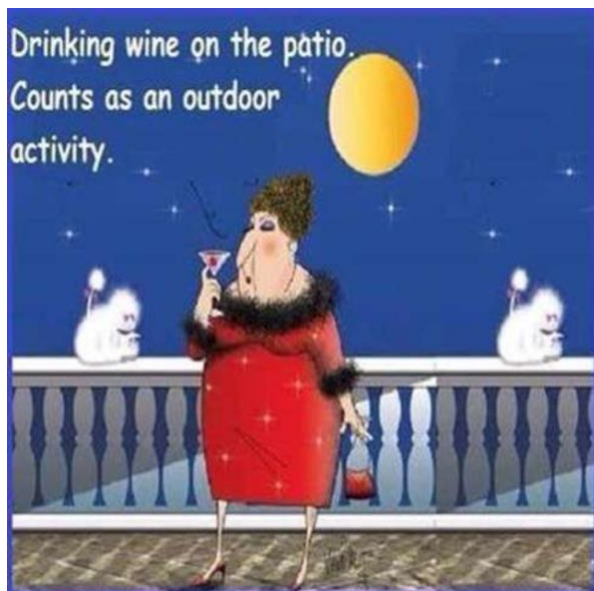


This person will definitely pack a punch. Rhonda Rousey? Mike Tyson? No way!

Gotta be white, tough, female, determined. This took the time it takes to smash a few gazillions of corona viruses.

Is it Julia Gillard? Nope! Angela Merkel? Not bloody likely. How about Julie Bishop? Who???? Go to page 3 to see.

### Sanitizing from the inside...



### Look after your Pets...



### Find Ways to Limit Your Stress...



### Self-Medication during Self Isolation:

It's funny how 8 glasses of water a day seems impossible,



but 8 glasses of wine can be done in one meal.



**Public Service Warning from Dept Senior Services:**



Watch out for Super GM!!

**When we come out of this Public Health Crisis:**



**More Public Health Advice:**

**Understanding How To Cope With Women.... During the Lock Downs**

A bookseller conducting a market survey asked a woman, "Which book has helped you most in your life?" The woman replied, "My husband's cheque book!!"

A prospective husband in a book store asks, "Do you have a book called 'Husband, the Master of the House?'" Sales girl: "Fiction and comics are on the 1st floor!"

Pharmacist to customer: "Sir, please understand, to buy an anti-depression pill you need a proper

prescription. Simply showing marriage certificate and wife's picture is not enough!

There are 3 kinds of men in this world.....  
Some remain single and make wonders happen.  
Some have girlfriends and see wonders happen.  
The rest get married and wonder what happened!

Wives are magicians. They can change anything into an argument.

Why do women live a Better, Longer & Peaceful Life, compared to men? A very INTELLIGENT student replied: "Because Women don't have a wife!"

COOL MESSAGE BY A WIFE: Dear Mother-in-law, Don't teach me how to handle my children. I am living with one of yours and he needs a lot of improvement!!!

When a married man says, I WILL THINK ABOUT IT - what he really means is that he doesn't know his wife's opinion yet.

A lady says to her doctor: "My husband has a habit of talking in his sleep! What should I give him to cure it?" The doctor replies: "Give him an opportunity to speak when he's awake!"

**More Public Health Advice:**



## Uncertain Times Page 4 Public Health Announcements

### Editorial

This week's offering – I am taking a slightly religious bent – is basically saying “thank God we will be waking up sometime soon from this nightmare!!!”

I'm not a religious man but If all else fails turn somewhere – the other cheek, the to a higher being (God) or to drugs. Many have found nirvana in drugs. Personally I think it's a waste of money, and the landing the day after is pretty bumpy – like at Auckland International. Believe me AI is pretty hairy – but it just could be Air New Zealand pilots testing their shock absorbers.

Since the premier's (any State premier; name one!) announcement this week that there was one new case of COVID 19 it has given us hope that Hash will begin soon. Some Freo wag reckons it's August, a Perth devotee of the sport of kings and alcoholics has predicted September 14th. Me? Too soon is good enough!! On on!!

Ed.

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### Warning: About the Elder/Older Citizens

21<sup>st</sup> April form our Chronological Challenges Reporter B. I G. Bang (Esq)

Although we are all getting older, some of us are already there. This is a public awareness service warning to younger people that this is what they will definitely experience in their future.

What to do find a piece of paper and a pencil or pen. Then check yes or no to each question.

If you have a pen in your hand and you don't know what it is for then re-read this column.

#1 - I talk to myself, because there are times I need expert advice.

#2 - I consider "In Style" to be the clothes that still fit.

#3 - I don't need anger management. I need people to stop PISSING me off.

#4 - My people skills are just fine. It's my tolerance for idiots that needs work.

#5 - The biggest lie I tell myself is, "I don't need to write that down. I'll remember it."

#6 - I have days when my life is just a tent away from a circus.

#7 - These days, "on time" is when I get there.

#8 - Even duct tape can't fix stupid - but it sure does muffle the sound.

#9 - Wouldn't it be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?

#10 - Lately, I've noticed people my age are so much older than me.

#11 - "Getting lucky" means walking into a room and remembering why I'm there.

#12 - When I was a child, I thought nap time was punishment. Now it feels like a mini vacation.

#13 - Some days I have no idea what I'm doing out of bed.

#14 - I thought growing old would take longer.

#15 - Aging sure has slowed me down, but it hasn't shut me up.

#16 - I still haven't learned to act my age.

If you have written down 16 Yeses then you are old. If you have written 16 Noes then you are shitting us. Any number in between we don't care!!

### Psych Shite how I survive COVID 19

April 1<sup>st</sup> Our Nut Case Reporter

Write a diary. Here are some excerpts that I recorded in the past .... Days.

Day 1 – I Can Do This!! Got enough food and wine to last a month!

Day 2 – Opening my 8th bottle of Wine. I fear wine supplies might not last!

Day 3 – Strawberries: Some have 210 seeds, some have 235 seeds. Who Knew??

Day 4 – 8:00pm. Removed my Day Pyjamas and put on my Night Pyjamas.

Day 5 – Today, I tried to make Hand Sanitizer. It came out as Jello Shots

**More next week.....**