



U3AM at Home

Time Travelling in the Time of COVID

I'm not young anymore. In fact, some might say my best days are behind me. I have wrinkles and all the other impediments and disadvantages that come with age. But there is another side to this time of life.

One benefit of aging is that I have honed the ability to time travel. I can take an easy chair or merely stay a few minutes longer in bed in the morning, and in no time I am travelling to another era. The smallest thing can provide a key to unlock the door to another time: a smell of home cooking, a battered photograph, a small child that reminds you of a long lost friend, a historic documentary on television, a book that is set in another era. Anything!

My favourite journeys involve time travelling back to family holidays. Sun drenched days, sandy children, adventures and experiences that start in strange places with unusual customs. I can see myself there now, still young and brave and inquisitive.

From the comfort of my couch I can enter my time machine, otherwise known as my imagination, and, at warp speed, arrive in a time long past or far into the future. It is a very convenient and inexpensive way to travel. No packing, no travel insurance, no vaccinations or inflight meals to be endured. No annoying fellow travellers, only pleasant company and exciting places.

I can also project myself into an imagined future where there is a peaceful Utopia, or a disastrous catastrophe to solve with simple know-how of today's world, that evades future generations, who have lost the ability to think for themselves after centuries of relying on technology.

Nowadays it is possible to use aids like virtual reality goggles to be transported to other places, but why spoil a good journey with actual facts?

You too can enjoy this form of time travel. Yes! With a minimum of planning or danger you can visit the court of King Henry the Eighth or drop in on your great grandparents or attend a Grand Final of your favourite football team. Why not spend a pleasant afternoon with an interesting person from history? You can easily access these intriguing people through a biography or a documentary?

And what about those with a desire to experience far off places and exotic lifestyles? Again, a ticket to these places and times is easily at hand on any bookshelf or on your television.

Daydreams are my favoured form of time travel to which anyone can get a ticket. Day to day problems can be solved. Sad memories can be smoothed over and happy ones can be

expanded. “What ifs” can be explored and cast aside and old friends reunited. There is no end to the delights of time travelling. Try it.

Lisbeth Wilks – Tutor, Painting Watercolour Self Help