

TO ALL PROBUS PRESIDENTS, MANAGEMENT TEAMS, AND MEMBERS

We have all been looking forward to the arrival of Spring. Finally, it's here --- but now we are looking forward to the end of this Covid 19 crisis, so we can all go back to our everyday living. This would be the things we did, without a care, just a couple of weeks ago.

By now most PROBUS Clubs have cancelled or postponed meetings and other activities. I have received some notes like the following. "Since all activities have been cancelled, we were wondering if PROBUS CANADA has any guidelines on how to complete this year, even into the next season. Do you have any suggestions on how to keep our members connected during this difficult time?"

The main thing is to keep in contact with your Club.

- Groups can get together on Facebook chats. I have been doing this with my Canasta buddies and it just so happens we all belong to PROBUS.
- Management Teams can still meet by having Telephone Conference calls.
- Perhaps a PHONE SQUAD can be set up. Each volunteer is given 5-6 names and numbers. Make calls once a week just to check on how things are going.
- Send E mails to your members.
- Keep publishing the Newsletter.
- Keep information about PROBUS flowing.

Another question that has come to my attention is "What to do if elections are planned and the Club is not back in operation?"

If your elections are planned for June and Clubs are still not operating, perhaps its best to postpone the election until the Fall. I spoke with one President and they are contemplating carrying on with the present Management Team over the next year.

Remember all Clubs are autonomous, so it is entirely your choice as to how you solve the situation.

According to our Managing Director, Reg Whynott, when an emergency occurs, such as the Covid 19 virus, the Club can make decisions that may not be in your Constitution or Bylaws

As an article in our paper this morning said, "Things look pretty scary right now, But, it's not all gloom and doom. If we take care of ourselves --- and each other, we'll get through it"

I have also attached an article from the PROBUS CLUB of Saint John's NB newsletter, The Phoghorn. It is a very good explanation of the Coronavirus.

Take care everyone.

Marlene Pearce, President of PROBUS CANADA

This post puts the Coronavirus in layman terms and helped me to understand better. Maybe it will help you too!

This is from an immunologist at Johns Hopkins University:

Feeling confused as to why Coronavirus is a bigger deal than Seasonal flu? Here it is in a nutshell. I hope this helps. Feel free to share this to others who don't understand...

It has to do with RNA sequencing.... i.e. genetics.

Seasonal flu is an "all human virus". The DNA/RNA chains that make up the virus are recognized by the human immune system. This means that your body has some immunity to it before it comes around each year... you get immunity two ways...through exposure to a virus, or by getting a flu shot.

Novel viruses, come from animals.... the WHO tracks novel viruses in animals, (sometimes for years watching for mutations). Usually these viruses only transfer from animal to animal (pigs in the case of H1N1) (birds in the case of the Spanish flu). But once, one of these animal viruses mutates, and starts to transfer from animals to humans... then it's a problem, Why? Because we have no natural or acquired immunity.. the RNA sequencing of the genes inside the virus isn't human, and the human immune system doesn't recognize it so, we can't fight it off.

Now.... sometimes, the mutation only allows transfer from animal to human, for years it's only transmission is from an infected animal to a human before it finally mutates so that it can now transfer human to human... once that happens..we have a new contagion phase. And depending on the fashion of this new mutation, that's what decides how contagious, or how deadly it's gonna be..

H1N1 was deadly....but it did not mutate in a way that was as deadly as the Spanish flu. It's RNA was slower to mutate and it attacked its host differently, too.

Fast forward.

Now, here comes this Coronavirus... it existed in animals only, for nobody knows how long...but one day, at an animal market, in Wuhan China, in December 2019, it mutated and made the jump from animal to people. At first, only animals could give it to a person... But here is the scary part.... in just TWO WEEKS it mutated again and gained the ability to jump from human to human. Scientists call this quick ability, "slippery"

This Coronavirus, not being in any form a "human" virus (whereas we would all have some natural or acquired immunity). Took off like a rocket. And this was

because, Humans have no known immunity...doctors have no known medicines for it.

And it just so happens that this particular mutated animal virus, changed itself in such a way the way that it causes great damage to human lungs..

That's why Coronavirus is different from seasonal flu, or H1N1 or any other type of influenza.... this one is slippery! And it's a lung eater...And, it's already mutated AGAIN, so that we now have two strains to deal with, strain s, and strain L....which makes it twice as hard to develop a vaccine.

We really have no tools in our shed, with this. History has shown that fast and immediate closings of public places has helped in the past pandemics.

Philadelphia and Baltimore were reluctant to close events in 1918 and they were the hardest hit in the US during the Spanish Flu.

Factoid: Henry VIII stayed in his room and allowed no one near him, till the Black Plague passed...(honestly...I understand him so much better now). Just like us, he had no tools in his shed, except social isolation...

And let me end by saying....right now it's hitting older folks harder... but this genome is so slippery...if it mutates again (and it will). Who is to say, what it will do next?

Be smart folks... acting like you're unafraid is so not sexy right now.

Stay home folks... and share this to those that just are not catching on.