



THE PROBUS CLUB OF CIRENCESTER

The Newsletter

Trying to keep you sane in these troubled times

March 2020

From the Chair... It is our intention to keep you all well informed and on a regular basis send out a newsletter together with occasional emails. This will include updates on the future, jokes to appeal to our sense of humour and perhaps members would like to send these in

We have employed some members to assist. They have agreed not to accept any fee (for the present) and have said to me that by doing this, when we are back to normal they could apply for jobs at the Standard because it's a totally useless newspaper.

Chairman Karloff Lewis

Tony Blair's School Visit – Cliff Hilditch

Prime Minister Blair was visiting a primary school and he visited one of the classes. They were in the middle of a discussion related to words and their meanings.

The teacher asked Mr Blair if he would like to lead the discussion on the word "tragedy". So the illustrious leader asked the class for an example of "tragedy".

One little boy stood up and offered: "If my best friend who lives on a farm, is playing in a field and a tractor runs over him and kills him, that would be a 'tragedy'"

"No," said Blair, "that would be an accident."

A little girl raised her hand; "If a school bus carrying 50 children drove off a cliff, killing everyone, that would be a tragedy."

"I'm afraid not," explained the Prime Minister, "That's what we would call a great loss."

The room went silent. No other children volunteered. Blair searched the room. "Isn't there someone here who can give me an example of a tragedy?"

Finally, at the back of the room a small boy raised his hand. In a quiet voice he said "If the aeroplane carrying the Prime Minister was blown to smithereens, that would be a tragedy."

"Fantastic!" exclaimed Tony Blair. "That's right. And can you tell me why that would be a tragedy?"

"Well," said the boy, "It has to be a tragedy, because it certainly wouldn't be a great loss, and it probably wouldn't be a ***** accident either."

News from the Shires – Peter Seymour

Here in Chedworth the community spirit is very much alive. The Farm Shop is prepared to bulk order our individual weekly shopping (including toilet rolls!) and probably deliver, the 7 Tuns is selling cooked meals and other products and neighbours are looking out for "the vulnerable".

Simon Colbeck reports that he has just had 4 tons of compost delivered, has bought a full can of petrol for the mower and a new jigsaw puzzle, so it looks as though he is preparing for the long haul! (Not sure why he needs all that compost though!) Pat Beggan has been clocking up hundreds of virtual miles on his exercise bike, but has yet to reach Dublin and Peter is waiting for a morale-boosting delivery from Majestic.

We members are probably catching up on our reading. For those seeking light relief and humour, which we all need at the present, may I strongly recommend reading (or even rereading) books by Stephen Clarke on France and the French? (All available on Amazon and downloadable for Kindle.) In particular, there is now an updated version of his extremely amusing "1000 Years of Annoying the French", and I have really enjoyed his most recent book "The French Revolution & What Went Wrong". With his special brand of humour, he has put together a realistic account of what actually happened leading up to 1789, including the fake news in favour of the legend that France organized a few quick riots and a rightful purge before settling down as a peaceful republic - very readable history.

Best wishes to all, keep well and we very much welcome those Probuss messages to keep us in touch.

Cirencester Street Quiz – first appearing in one of our archives. Find the street names and email andy.bernard@gmail.com with your answers and I will publicise most of the results. Chairman has promised a prize of 6 loo rolls and a bag of flour for the winner.

- 1 You might find yourself in these straits.
- 2 Dark John could have lived here.
- 3 Jack Hulbert's wife lived near Willie the bookmaker.
- 4 He is very clever at steering the sleek boat.
- 5 A west country cheese street.
- 6 This big bird has a large area of pain.
- 7 A well-known reserve currency.
- 8 Did Dick Whittington take this road?
- 9 Not all that glisters is gold.
- 10 This street has neither a moat nor a portcullis.
- 11 Rising from the flames, the eagle came this way.
- 12 This world champion boxer from Wales was a kid and just lived down the lane.
- 13 They might be trees or possibly seashores.
- 14 Makes rams, ewes and lambs sound cheap.
- 15 Sputum at the entrance.
- 16 This licensed facility carries extra weight.
- 17 You might think you can leave your car here - but you can't for long.
- 18 If you have a new home, then it should be down here.
- 19 This street does not carry as much weight as Chesterton.
- 20 An unusual torrent of rain and flooding.
- 21 Fortunately the rain and flooding has ceased.

More from the Chairman – Chairman Karloff Lewis (*I don't get it either, and he has tried to explain it to me – Andy B*)

The most difficult job in the club is Speaker Secretary (*Not sure about that – Andy B*) which I have done for 4 years.

People say to me how do you manage with a low budget, a speaker every week so how do you fill the void?

The answer is simple - the Probus Speakers website which I help with, but is down to one man, Mike Aggleton (he gave us the Winnie the Pooh talk)

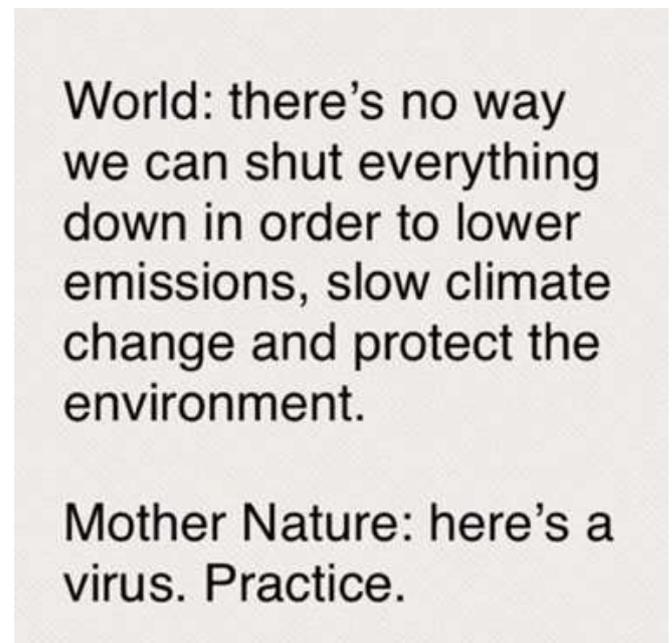
There are other Probus Speakers websites around, but this is the really useful one.

It is diverse and great and broken down into groupings from Geography/People/The Services and so on

I have also made many friends who have been doing the same job and they in turn recommend the good and the not so good talks.

If you have aspirations for this job in future let's have a chat.

Malc



Some links to pass the time:

<https://www.youtube.com/watch?v=xvTnWpQpFIs>

<https://www.youtube.com/watch?v=nZBkP6drCqE>

<https://www.youtube.com/watch?v=xvTnWpQpFIs>

And, don't forget:

<https://cirencesterprobus.org/>

If you find this halfway useful or interesting, please let me know, and all contributions are welcome. In particular the News from the Shires – there must be something happening in the Ampneys, Leigh, Fairford, Northleach, etc. If not, just make it up!

The following article is well worth a read, even though it is quite long and has no pictures.

Some really useful information and advice to cut through much of the fake news - please take your time to read it:

I've noticed a lot of people on social media have been sharing various articles, infographics or memes about the new coronavirus - most of which are false information or "fake news". As a qualified scientist in Infectious Diseases research, I felt as though I should say something.

Firstly, listen to the information provided by the World Health Organisation or an accredited health care organisation, and actual research scientists, especially virologists.

Coronavirus IS NOT the flu. Flu is caused by Influenza viruses. Coronaviruses are a group of related viruses that cause disease in humans and other animals and spread between them (it's zoonotic). These viruses cause respiratory tract infections and can range from mild colds (common cold) to more deadly coronaviruses such as SARS, MERS and SARS-CoV2 (COVID19). There have been two notable deadly coronavirus outbreaks in the last 20 years: firstly, the outbreak of SARS-CoV (severe acute respiratory syndrome coronavirus) in China in 2002, and secondly the MERS-CoV (Middle East respiratory syndrome coronavirus) in the Arabian Peninsula in 2012. The new coronavirus' proper name is SARS-CoV2 and it causes a disease now known as COVID-19.

These viruses most probably originated in bats, before spreading to other mammalian animals prior to jumping to humans. SARS-CoV in 2002 spread from infected civets and MERS-CoV in 2012 from infected camels. The new SARS-Cov2 is thought to have emerged in a live animal market in Wuhan, China, where many diverse living animals are kept closely together. This provides a prime chance for a virus to spread between animals and from animals to humans.

The issue with this new virus is that it is highly contagious and spreads very quickly, causing a world-wide pandemic and a lot of COVID-19 disease to a lot of people very quickly. People develop symptoms within 2-14 days after being exposed to the virus, usually within a week. Another issue is many people can be carriers of the virus but not (yet) have symptoms (asymptomatic). Symptoms of COVID-19 disease usually begins with a fever and a dry cough, which in some recovers, before developing respiratory/chest infection and shortness of breath. Other less common symptoms include aches, sore throat, runny nose, headaches, and diarrhoea. This virus can cause pneumonia, and as it is a viral pneumonia, antibiotics do not affect the virus.

Currently no known antiviral drugs are effective, therefore we are relying on the strength of our immune

systems. Therefore, it is important not to take any anti-inflammatory drugs if you develop a fever, such as Aspirin, Ibuprofen or Cortisone, as these drugs weaken your immune system's inflammatory response. The inflammatory response is vital in fighting infection. If you develop a fever, take Paracetamol. ANTIBIOTICS DO NOT WORK AGAINST VIRUSES, ONLY BACTERIA.

The virus is mainly transmitted through touch between people and of contaminated surfaces.

Therefore, it is vital that people wash their hands thoroughly (20 seconds) with warm water and soap to dilute and dislodge the virus away from your hands (see diagram in comments), or alternatively a hand sanitiser with at least 60% alcohol concentration. Antibacterial hand-washes do not work on viruses. Do not touch your eyes, mouth or nose before washing your hands thoroughly as this is how you get infected.

Face masks are not advised as most face masks are useless and have to be replaced daily anyway. The virus is tiny in size (60-140 nano metre diameter) and will pass most masks or clothing covering your face. Proper filtered masks should be left for use by trained healthcare professionals as these masks must be properly fitted around the face of the person and form tight seals or are not effective. Also, masks will gather contamination on the outside and will need cleaned or disposed of. Wearing a mask will make someone more likely to touch their face and risk infection. The only people who should be wearing masks are healthcare professionals who are surrounded by infected individuals or infected people themselves to limit their coughs or potential sneezes from contaminating people or surrounding surfaces.

A lot of "fake news" is spreading about it, including a fake post pretending to be from UNICEF. Check the World Health Organisation for facts. I want to call out a number of false information I've seen online:

- The virus CANNOT be killed by or stopped by gargling saltwater or vinegar
- Eating garlic DOES NOT stop it.
- Drinking water every 15 minutes DOES NOT stop the virus spreading. However, everyone should be keeping hydrated at all times because your body and immune system requires water
- The virus DOES NOT die at 26-27 degrees Celsius. The virus lives in our bodies, which operates normally at around 36.5 to 37 degrees Celsius.
- The virus can still survive in hot and humid climates. Some research has shown that extremely high temperatures above 60 degrees Celsius is required to kill

the virus. Therefore, taking a hot bath does not protect you either, but keeping hygienically clean does.

- The virus has been shown to remain on hard surfaces for up to 9 days, and at the right conditions for weeks. There is no evidence that the sun effectively kills the virus, it is spreading very well in sunny places at the moment.

- Holding your breath for more than 10 seconds without coughing DOES NOT prove you are uninfected.

- Essential oils and “alternative” remedies are USELESS against the virus.

- PLEASE WASH YOUR HANDS REGULARLY AND ONLY LISTEN TO HEALTHCARE AND DISEASE PROFESSIONALS, NOT RANDOM THINGS ON SOCIAL MEDIA.

All people with symptoms should isolate themselves for 10-14 days. The infection is spreading rapidly in other countries and will likely do the same here if we don't take necessary precautions now. We need to act sensibly and quickly. There is no need to panic-buy food. Buy what you need, and don't buy a load of perishables. Definitely do not buy all the soap and hand sanitiser. You need EVERYONE ELSE to be able to wash their hands too for the spread of the virus to stop. I do not understand the obsession with toilet roll. There are millions of refugees crossing the ocean in dinghies escaping war and famine and people wonder why. Now our society is fighting each other over loo roll. It's unnecessary and not helping. Seriously though we need to act now and limit our social interactions and gatherings for a time, keep hygienically clean and remain isolated if unwell. This will need everyone's efforts. The government has now changed their tune and asking people to work from home, which is wise. We could potentially end up like Italy, who were fine only a few weeks ago.

All people of all ages should be vigilant. The infection and disease is very deadly in over-65s but can still cause severe infection in younger people too. Some may seem fine. We need to protect the elderly, immune-compromised and other vulnerable people. Children should also stay off school and stay at home as although they thankfully seem to tolerate the infection well, they can spread it to other people. The issue is that at the rate the infection is spreading there won't be/are not enough hospital beds, doctors or nurses to treat too many people at one time. We need to lower the strain on the health services or even healthy and young people could find themselves ill without the right medical help. Not having the right medical help can lead to dangerous complications. We need to 'flatten the curve' of infection and allow the health services time to prepare and treat who they have currently. Herd immunity will eventually be necessary as infected people overcome the infection and become 'immune' to re-infection, thus

stopping them spreading it again. However, herd immunity will come naturally, and we shouldn't allow the outbreak to get out of hands, because we do not have the resources to cope with too many sick people.

Take home message:

- Clean your hands thoroughly with warm soapy water, and do not touch your face otherwise.

- Stay and work from home for the time being if possible.

- Only wear a face mask if you are actually sick and avoid others by isolating.

- Cover all coughs and sneezes using the inside of your elbow or tissues. Dispose of the tissue immediately and wash your hands thoroughly afterwards.

- Do not travel anywhere for the time being

- Avoid close contact with people and do not gather.

- Keep hygienically clean.

- We need to reduce the spread of infection, our healthcare services are NOT READY for a massive outbreak, which is a real possibility.

Help each other and stay sensible. Help any elderly or vulnerable neighbours with anything they are struggling with, like shopping. Obviously only do this if you are feeling healthy and always remain clean and wash your hands. We need to work together.

Be safe and be sensible.

📢 PUBLIC SERVICE ANNOUNCEMENT 📢

I've worked out the Corona Virus!!

ITS BEEN CREATED BY WOMEN!!

Think about it lads.....

- 1 - No sports
- 2 - All pubs to shut
- 3 - 14 Days Quarantine (so you can finally get those odd jobs done)
- 4 - Symptoms of Corona are flu like... THEY KNOW THATS OUR KRYPTONITE 🤔
- 5 - They even had the audacity to name it after a beer! 🍺

Share this far and wide lads before they (women) take it down!!

If I go missing you all know I've hit the nail on the head and I've been taken out by the "Bra Burning Brigade" 🤔