April 2020 **BULLETIN** April 2020

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Die impak van Covid-19

As gevolg van die Covid-19 inperking en die meegaande regulasies om die verspreiding van die virus te bekamp, het U3A Stilbaai alle aktiwiteite gestaak.

Die wetenskaplikes wat die regering adviseer meen dat die inperking sy doel sal bereik deur die kurwe van infeksies af te plat. Maar dit beteken net dat die piek infeksie tydperk is uitgestel, dit gee die owerhede tyd vir voorbereiding om te verseker dat fataliteite van toekomstige infeksies tot 'n minmum beperk is. Die betrokke wetenskaplikes verwag dat die Covid-19 epidemie eers in September sy piek in Suid Afrika sal bereik.

Op hierdie stadium het U3A Stilbaai geen planne om aktiwiteite te hervat nie, selfs nie op 'n beperkte skaal nie. Ons het gehoop dat ons dalk vanaf Julie weer met sommige aktiwiteite kan begin, maar ons sal die advies van die wetenskaplikes volg en sal eers baie later hieroor besluit.

Opperste in ons gedagtes is die welvaart van ons lede, ons is almal in die hoë-risiko kategorie en ons sal nie roekeloos wees en julle lewens in gevaar stel nie.

The impact of Covid-19

Due to the Covid-19 lockdown and the accompanying regulations to limit the spread of the virus, U3A Stilbaai has suspended all activities.

The scientists advising the government stated that they expect the lockdown to have the desired result of "flattening the curve" of infections, i.e. reducing the number of new infections per day. But this only means that the peak infection period has been delayed, giving the authorities time for their preparations and thus ensuring that fatalities from future infections are kept to a minimum. The scientists involved expect the Covid-19 epidemic in South Africa to peak in September.

At this stage U3A Stilbaai has no plans to resume activities, even on a limited scale. We were hoping that we could think of resuming some activities in July, but we will follow the advice of the scientists and will decide at a much later stage.

Paramount in our minds is the welfare of our members, we are all in the high-risk category and we will not be reckless and place your lives in danger.

Die C-19 Voëlfoto uitdaging

Die Voëlgroep het die wonderlike inisiatief gehad om hul lede te vra om foto's van voëls in of vanaf hul tuine tydens die inperking (27 Maart tot 30 April) te neem. Ons het die uitnodiging aan al ons lede gestuur en julle is almal welkom om foto's in te stuur aan Johan van Rooyen.

Die foto's kan besigtig word in albums op die U3A Stilbaai webtuiste, daar is reeds 8 albums van foto's wat ontvang is. Kyk gerus na die albums – gaan na die U3A webtuiste, www.u3astilbaai.org, klik op Voëlgroep bo regs, dan op Foto's in die Voëlgroep seksie, op die Foto's blad is 'n lys van al die albums.

The C19 Bird Photo Challenge

The Bird Group had the wonderful initiative to ask their members take photos of birds in or from their gardens during the lockdown (27 March to 30 April). We sent the invitation to all our members and you are all welcome to send in your photos to Johan van Rooyen.

The photos can be viewed in albums on the U3A Stilbaai website, there are already 8 albums of photos received. Have a look at the albums – go to the U3A website, www.u3astilbaai.org, click on Bird Group top right, then on Photos in the Bird Group section, on the Photos page is a list of all the albums.

Die C-19 Voëlfoto uitdaging (vervolg)

Neem asseblief kennis dat SLEGS foto's wat tydens die inperking geneem is, kan aanvaar word. Sommige mense het foto's wat voor 27 Maart geneem is ingestuur, maar ons kan hulle nie gebruik nie.

Hou aan om foto's te neem – daar is nog meer as 2 weke tot 30 April.

The C-19 Bird Photo Challenge (continued)

Please note that ONLY pictures taken during the lockdown can be accepted. Some people have sent in photos taken before 27 March, but we could not use these.

Keep on taking photos, there are still more than 2 weeks till 30 April.

Het jy geweet?

- Die dodelikste pandemie tot dusver was die 1918 griep pandemie (Spaanse griep) wat 500 miljoen mense aangesteek het; die dodetal is onseker, maar beramings is tussen 17 miljoen en 100 miljoen.
- Die 1918 griep het nie in Spanje ontstaan nie, maar is eers daar in die nuusblaaie rapporteer. Spanje was neutraal in die 1ste Wêreld-oorlog, en daar was nie beperkings op die pers nie. Die griep het van Frankryk versprei, hoofsaaklik deur soldate wat van die oorlog teruggekeer het; baie wetenskaplikes glo dit het in die Verenigde State ontstaan.
- Oor die afgelope 140 jaar was daar 5 groot griep pandemie's, die Covid-19 pandemie is die sesde:
  - 1889-90: 1889 griep
  - 1918-20: 1918 griep
  - 1957-58: Asiatiese griep
  - 1968-69: Hong Kong griep
  - 2009-10: 2009 griep (ook bekend as varkkoors)
- Dieselfde virus wat die 1918 griep veroorsaak het, H1N1, het ook die 2009 griep pandemie veroorsaak.
- Meeste coranovirusse kom van diere af, maar die dier self word nie affekteer nie. Die H1N1 virus is van varke na mense oorgedra; die SARS-CoV-2 virus wat Covid-19 veroorsaak, is van vlêrmuise oorgedra.
- Die jaarlikse seisoenale griep, wat ook deur 'n corano-virus versoorsaak word, besmet tussen 3% en 20% van die wêreld bevolking. Tussen 290 000 en 650 000 sterf elke jaar as gevolg van seisoenale griep.

Did you know?

- The most devastating pandemic was the 1918 flu pandemic (Spanish flu) which infected 500 million people; the death toll is uncertain, but estimates vary from 17 million to 100 million.
- The 1918 flu did not originate in Spain, but was first reported there because Spain was neutral in the 1st World War and it's press was not censured. The flu spread from France and was distributed mostly by soldiers returning from the war; many scientists believe its origin was the United States.
- Over the last 140 years there has been 5 major flu pandemics, the Covid-19 pandemic is the sixth:
  - 1889-90: 1889 flu
  - 1918-20: 1918 flu
  - 1957-58: Asian flu
  - 1968-69: Hong Kong flu
  - 2009-10: 2009 flu (also known as swine fever)
- The same virus that caused the 1918 flu, H1N1, also caused the 2009 flu pandemic.
- Most coronaviruses originate in animals, but do not effect the host animal. The H1N1 virus was transmitted from pigs to humans; the SARS-CoV-2 virus causing Covid-19, was transmitted from bats.
- The annual seasonal flu, also caused by a coronavirus, infects between 3% and 20% of the world population. Between 290 000 and 650 000 people die from seasonal flu every year.

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