

U3A STILBAAI

NUUSBROKKIES 26 April 2020

Die inperking in Suid-Afrika word as een van die strengste in die wêreld beskryf; die instelling van verskillende vlakke van inperkings maatreëls word deur die Wêreld Gesondheidsorganisasie (WGO) geprys as 'n voorbeeld wat ander lande kan volg.

Vanaf Vrydag 1 Mei het ons Inperking Vlak 4, maar dit blyk nie asof veel in ons daaglikse lewens gaan verander nie, behalwe dat 'n aantal meer besighede nou oop sal wees. Maar ons sal nou ook 'n aandklokkeëling moet verduur, en ons moet nog in ons wonings bly - geen besoeke aan vriende, bure of familie-lede nie.

Meer detail sal oor die volgende paar dae beskikbaar wees.

Maar hierdie stelsel laat ook die provinsies en munisipaliteite toe om vlakke in te stel wat verskil van die nasionale vlak. Ons het verneem dat Hessequa Munisipaliteit ondersoek sal instel om aansoek te doen vir 'n laer inperkingsvlak. Wanneer die regulasie vir die nuwe inperkings promulgeer is, sal die pad vorentoe duideliker wees. Die munisipaliteit sal konsulteer met alle sektore in Hessequa.

Ons kan ook byvoeg dat Hessequa tot nou slegs 5 gevalle van Covid-19 op rekord het, en al 5 het reeds herstel.

C-19 Voëlfoto-albums

Die reaksie op die C-19 Voëlfoto uitdaging was oorweldigend. Kyk gerus na die foto's op ons U3A Stilbaai webtuiste - www.u3astilbaai.org (klik op Groepe in die menu bo, gaan na Voëlgroep, dan op Media, op Foto's in die blok wat oopmaak, en dan op die album wat jy wil oopmaak).

Die einddatum om foto's vir die C-19 Voëlfoto-album te neem is 30 April - julle het tot Donderdag middernag om foto's te neem.

Laat die foto's kom - [stuur hulle aan Johan van Rooyen](#).

Wetenskaplikes in die voortou.

Een van die eienskappe van die Covid-19 pandemie is die baie sigbare rol van die wetenskaplikes betrokke. Gedurende vorige epidemies en

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The lockdown in South Africa has been described as one of the strictest in the world; our phased approach by introducing different levels of lockdown measures, has been praised by the World Health Organisation (WHO) as an example other countries could well follow.

From Friday 1 May we have Lockdown Level 4, but it does not seem much will change in our daily lives, except that a few more businesses will be open. But we will also have to contend with a curfew, and must still stay in our homes - no visiting friends, neighbours or relatives.

More details will be made available over the next few days.

But this system also allows the provinces and municipalities to introduce a different level than the national level. We have heard that the Hessequa Municipality will be looking at applying for a lower lockdown level. Once the regulations for the new lockdown system has been promulgated, the way forward will be clarified. The municipality will consult with all sectors in Hessequa.

We can also add that Hessequa has thus far recorded only 5 cases of Covid-19, and all 5 have recovered.

C-19 Bird photo albums

The response to the C-19 Bird Photo challenge has been overwhelming. Please view the albums on our U3A Stilbaai website - www.u3astilbaai.org (click on Groups in the top menu, go to Bird Group, then on Media, on Photos in the dropdown menu, and then on the album you want to view).

The end date for taking photos for the C-19 Bird Photo Album is 30 April - you have till Thursday midnight to take photo's.

Keep the photos coming - [send them to Johan van Rooyen](#).

Scientists to the fore.

One of the features of the Covid-19 pandemic is the very visible role of the scientists involved. During previous epidemics and pandemics, the scientists were there, but they kept a low profile;

pandemies was die wetenskaplikes ook daar, maar hulle het 'n lae profiel gehandhaaf; met Covid-19 het die wetenskaplikes wat regerings adviseer 'n meer sigbare en aktiewe rol aangeneem, in baie lande is hulle nou bekende name.

Verslae deur die WGO en verskeie artikels deur kenners noem hoe die wetenskaplikes die stryd teen die virus beïnvloed het. Al hierdie verslae noem dat lande wat beter doen om die virus te beperk, en dus lewens red, het almal 'n sterk gesentraliseerde reaksie geloods deur wetenskaplike adviesrade met 'n wye reeks kundigheid te skep, en dan hul advies en aanbevelings te volg – deur o.a. redelike streng inperkings in te stel, toetsing uit te brei, ens.

Suid-Afrika is een van hierdie lande, ons vinnige reaksie en uitgebreide maatreëls om die verspreiding van die virus te bekamp, word deur die WGO geprys wie Suid-Afrika voorhou as 'n voorbeeld van hoe lande behoort te reageer. Ander lande wat ook 'n vinnige wetenskaplike benadering getoon het is Suid-Korea en Duitsland. Aan die ander kant kritiseer die WGO beide die Verenigde State en Groot Brittanje wat eers nie wetenskaplike advies gevolg het nie en toegelaat het dat die virus vinnig versprei. Die dodetal en herstel persentasie van hierdie lande weerspieël die sukses of nie van hul reaksies:

<u>Land</u>	<u>Dodetal %</u>	<u>Herstel %</u>
Wêreld gemiddeld:	6.99%	Onbekend
Suid-Afrika:	1.87%	34.91%
Suid-Korea:	2.23%	80.56%
Duitsland:	3.73%	70.81%
VSA:	5.64%	11.93%
Brittanje:	13.59%	0.25%

[Data van WGO databasis soos op 25 April 2020]

As julle by tye frustreed en hulpeloos voel met al hierdie beperkings op jul daaglikse lewens, moenie bekommerd wees nie, julle is nie alleen nie. Maar daar is nie veel wat ons hieroor kan doen nie, behalwe om ons gemoedere hoog te hou.

Verlede week kry ek epos van 'n vriendin van my in Kaapstad, sy en haar man is besig om al die snaakse en humoristiese goed wat met hulle, vriende en familie tydens inperking gebeur, neer te skryf. Sy wil onthou sodat sy lekker kan lag wanneer alles oor is!

As ons sien wat in Hokkaido, Japan se noordelikste eiland, gebeur het, lyk dit asof ons regering se benadering die beste is. In Hokkaido het hulle einde Februarie inperkings ingestel, 3 weke later was nuwe infeksies af tot enkel syfers en sommige

with Covid-19 the scientists advising governments have assumed a visible and active role, in many countries they are now household names.

Reports by WHO and several articles by pundits in various countries have mentioned how the scientists have influenced the fight against the virus. All these reports mention that countries that are doing a better job at containing the virus and therefore saving lives, have all mounted a strong centralized response by setting up scientific advisory councils consisting of a wide range of scientific expertise, and then following their advice and recommendations – by inter alia imposing quite severe lockdowns, extending testing, etc.

South Africa is one of these countries, our quick response and the extensive measures introduced to curtail the spread of the virus, has been lauded by WHO who refers to South Africa as an example of how governments should react. Other countries mentioned as having a quick scientific approach is South Korea and Germany. On the other hand WHO criticises both the United States and Great Britain who at first did not follow scientific advice and allowed the virus to spread. The fatality and recovery rates of these countries reflect the success or failure of their reactions:

<u>Country</u>	<u>Fatality %</u>	<u>Recovery rate</u>
World average:	6.99%	Not known
South Africa:	1.87%	34.91%
South Korea:	2.23%	80.56%
Germany:	3.73%	70.81%
USA:	5.64%	11.93%
Britain:	13.59%	0.25%

[Data from WHO database as of 25 April 2020]

If you are at times feeling frustrated and helpless with all these restrictions on your daily life, don't worry, you are not alone. But there is not much we can do about it, except keeping our spirits up.

A friend of mine in Cape Town emailed me last week and said she and her husband is noting down all the funny and humorous things that have happened to them, friends and family during lockdown. She wants to remember and have a good laugh about it when it is all over!

If we note what has happened in Hokkaido, Japan's northernmost island, it seems that our government's approach is probably for the best. In Hokkaido they declared a lockdown at the end of February, 3 weeks later new infections were down to single figures, on some days zero, and the governor lifted the lockdown totally. 26 days later, on 14 April, they had to re-instate the lockdown as

dae zero, en die goewerneur het die inperkings opgehef. 26 dae later, op 14 April, moes hulle weer die inperkings instel vanweë 'n vinnige toename in nuwe gevalle, veel meer as wat hul tevore ondervind het. Hierdie inperking is strenger as die vorige een, en is in plek vir 'n onbeperkte tyd.

Hou moed, op ons ouderdom het ons al baie van die lewe se krisisse oorleef, en ons sal hierdie een ook oorleef en sterker anderkant uitkom.

Vriendelike groete.

Niel van Wyk

Voorsitter: U3A Stilbaai

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there was a rapid increase in new cases, many more than they had previously experienced. This lockdown is more severe than the previous one and is in place for an indeterminate period.

Keep you spirits up, at our age we have survived a lot of life's crises, and we'll get through this one and come out stronger in the end.

Regards and keep smiling.

Niel van Wyk

Chairperson: U3A Stilbaai

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