

Special COVID Bulletin No 1 April 30th 2020

One of the inspiring community organisations in the North East

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From the Editor:

We live in difficult times and by that I do not mean that it is hard to get toilet rolls! The COVID 19 Virus situation is a real challenge, particularly for those of us who are challenged by a lung condition. I trust that all members are suitably locked down with plenty to keep them busy - there's always the shed and various rooms that if you only had the time you would tidy up!!!

Much of my time has been devoted to reading a whole lot of scientific and engineering publications that in the normal course of things I would "read later". During my "working life" at the University of Melbourne I had the wonderful opportunity to meet many brilliant academics including the odd Nobel Prize winner. One such person was Professor Peter Doherty after whom the Doherty Institute at the University of Melbourne is named. Doherty's Nobel Prize, jointly awarded with Professor Rolf Zinkernagel, was awarded for his research into the body's immune system and how it protects the body against viruses. This is something that is very relevant today as we fight the COVID 19 Virus.

Six years ago, Peter was a guest of Elene and myself in Tawonga and he gave a public talk in the Seniors Hall on some of his scientific work related to the immune system, particularly his work on t cells which form part of the immune system. Obviously, it is impossible to get him here again at this time but maybe in future. He is a delightful man and when he was here in 2014, he presented some of the Mt Beauty High School students with a signed copy of one of his many books.



To bring us up to date, the University of Melbourne recently presented an online panel discussion on COVID 19 from the Doherty Institute which is part of the University. It is an excellent discussion and I urge you to play and view it to improve your knowledge of this nasty virus. The link is below for cutting and pasting in your browser.

<https://comms.alumni.unimelb.edu.au/link/id/zxxx5e8ade5f51181018Pzzzz5673742a31f80338/page.html>

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I have spent some time talking to friends and colleagues about the current health situation in Australia and I am surprised to note the level of ignorance about immunisation and vaccines. There are some who believe that a COVID 19 vaccine is just around the corner and of course there are others who like President Trump & Clive Palmer believe that hydroxychloroquine, a common drug used for malaria, will cure COVID 19. This is totally unfounded scientifically and is even discounted by Trump's own medical advisors. Please **do not use** this drug if it is offered to you.

The article below is copied from the Australian Academy of Science Web site and is an update of one prepared a few years ago. I think that it is an excellent summary on immunisation and vaccines and for excellent "back up" material in layman's terms I suggest that you go to the Academy's web site where you will find the full presentation. Cut and Paste in to your web browser: <https://www.science.org.au/learning/immunisation-and-climate-change/science-immunisation/what-is-immunisation>

Whilst commenting on Peter Doherty and his extraordinary scientific insights I would like to share with you a podcast of an interview involving John Elder who is the Science editor of the online newspaper, The New Daily, and Peter Doherty. This was published on the 24th April and shows how delightful Peter is when he is interviewed. Please cut and past this link into your browser:

<http://news.thenewdaily.com.au/c/11IGJrkI8SNEA4LHqGFAQvOfI>

From our Speaker Coordinator – Christina Callinan

On the 12th April I received an email from Christina containing the following recollection.

"Never take anything for granted.

One of the surprising results of the current Virus pandemic was finding no toilet paper on the supermarket shelves. I was told today by my cousin, Judy, that her local supermarket had ample supplies of this necessary item.

Living in a town country in the Alpine Valley it is first come first served and only one pack per person when the large food trucks deliver their produce to the local Food Works supermarket.

Toilet paper was so difficult to acquire two weeks ago my husband Googled it online and ordered two boxes of 45 rolls from an online distributor. They then sent back an order confirmation saying we would have to wait till their warehouse was restocked in June.

"Probably waiting for the trees to grow", I commented.

On Saturday I went shopping for a small number of groceries and was amazed to find 4 packs of toilet paper on the bottom shelf. I took one quickly, and told Richard to buy one pack also. We came home with 8 rolls of good quality "rum currency" paying \$5.80 for the two packs.

We had asked for the emergency roll of toilet paper a couple of times given out by Food Works for nothing when our supplies were reaching zero.

I read with great interest last week of a family that had dispensed with toilet paper altogether. They had a drop toilet, used flannel wipes and saved money. I also read of one woman using face flannels for "lady wipes" which I decided to try. Much better than the single ply toilet paper we have been sold recently.

We all laughed at Mark Knight's topical cartoon a few weeks ago when he combined a thief with a fishing line in the City attempting to catch a toilet roll displayed in a shop window.

My mother's parents lived in South Melbourne and everyone's toilet was a walk down to the end of the back yard. The daily paper was cut into small squares and my Nana threaded each

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piece onto a thread which hung on a nail in the toilet. Women were allowed to use the pink "Sporting Globe" which was read on a Saturday night and also the green radio supplement which was a much softer paper, was cut up for use for them. My Nana bought her first toilet tissue in small boxes from the South Melbourne Market and newspapers never made an appearance in the outside toilet again.

This brings back memories to me way back from 1944 when as a 7 year old I earned my pocket money in wartime England cutting up newspapers for toilet use in the outside Dunny! Thank you Christina.



Now for some Funnies (courtesy of Bob Williams) followed by Life in Lockdown from a South African friend.



"Maybe we should park somewhere else."



"Want me to get you a shopping cart?"


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I've eaten 14 meals and taken 6 naps and it's still today. are you kidding me



Sitting on the couch & my husband sweetly whispered.. "The best part about all of this is that I get to spend more time with you" as I looked over at him lovingly I realized he was talking to the dog not me



#Coronavirus has turned us all into dogs. We roam the house all day looking for food. We're told "no" if we get too close to strangers. And we get really excited about car rides.

Next Bulletin in a few days...David Wood 30th April 2020