

NEWSLETTER

April 2020



Online Edition



P.O. Box 746 - South Dennis, MA 02660

www.retiredmensclub.com

NEXT MEETING

The meeting scheduled for April 9th is cancelled

Meetings are the second Thursday of each month (except December, July & August) at the Dennis Senior Center, 1045 Rt. 134, E. Dennis at 1:30 PM.

President's Message - April 2020



Fellow members,

April was to be an exciting month for sports minded members. Our bowling league standings were coming down right to the championship wire; our golf season was scheduled to kick off with the first event of the spring season scheduled for the Ocean Edge Resort on April 27th; and our guest speaker at the April membership meeting was to be Yarmouth PGA professional Jim Hallet. He was going to talk about his experiences on the professional tour, and most notably, his performance as low amateur player at the 1983 Masters Tournament.

But, as the famous Scottish poet and writer Robert Burns once said, "the best laid plans of mice and men often go awry". I can only agree. The on-going and possibly deadly spread of the coronavirus COVID-19 has disrupted not just our plans, but those of the entire nation. With everyone's support and understanding, and

in compliance with Federal and Commonwealth of Massachusetts guidance,
all Retired Men's Club of Cape Cod organized events are cancelled
until at least April 30th.

(President's Message – page 2)

Members should regularly visit the Club's website at < www.retiredmensclub.com > as well as watch their email for any updates.

As members know, last weekend a team of Executive Board and member volunteers reached out by telephone to our 300 members. Voice mails were left, recalls made, wrong numbers tracked down and even a few "sunbirds" were located. The goal was to check on the well-being of every club member and provide help if needed. Our message was, "We Care." and "we want to get you help if you need it." I'm pleased to report that nearly everyone in the Club seems to be doing well, either on their own or with help from family and friends. We have one member who contracted the virus and is recovering at home along with his wife and son. Our best wishes go out to them for a speedy recovery. If you see a member who now needs a little help, please SPEAK UP! We have lots of folks with lots of skills and we have lots of contacts with agencies ready to help.

Until next month, stay well.

Now go wash your hands.



Charlie

Have you visited our new website?

Go to www.retiredmensclub.com



See the many new features, such as:

- Golf Registration
- Exec Committee Contacts
- RMC Site Help
- Talk 2 Us



April, 2020 Membership Report

As of today, we have 300 members in the club.

Compared to last month, when we had 2 new members and 23 terminations due mainly to attendance and dues issues, we had one new member and no terminations this month.

NEW MEMBER:

Chris Crawford Connie 860-428-6016

428 No. Main St.

So. Yarmouth, MA 02664 cccrawfordsr@gmail.com

Don't forget to refer a new member to the club this month!

Ken Lyman

Membership Chairman



R.M.C Golf

Sign-ups for golf is ongoing.

Submit your registration online.

www.retiredmensclub.com

Go to the golf tab to access the form

RMC BOWLING

The bowling league is suspended until further notice.

Watch for updates on the website.



**I WANT YOU
TO CHEER UP**

If you know any infirmed RMC members, be sure to contact: Tom Murphy, Sunshine Committee Chairman.

(tfmurph23@gmail.com or 508-397-4351).

Volunteers for this committee are welcome

FOR YOUR INFORMATION

There are many articles available online about COVID -19.

Here is one submitted by an RMC member.

Johns Hopkins University, sent this excellent summary to avoid contagion, I share it with you because it is very clear:

*The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code. (mutation) and convert them into aggressor and multiplier cells.

* Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

*The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

*HEAT melts fat; this is why it is so good to use water above 25 degrees Celsius for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.

*Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.

*Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.

*Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.

*NO BACTERICIDE SERVES. The virus is not a living organism like bacteria; they cannot kill what is not alive with antibiotics, but quickly disintegrate its structure with everything said.

*NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only between 3 hours (fabric and porous), 4 hours (copper, because it is naturally antiseptic; and wood, because it removes all the moisture and does not let it peel off and disintegrates), 24 hours (cardboard), 42 hours (metal) and 72 hours (plastic). But if you shake it or use a feather duster, the virus molecules

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the air for up to 3 hours, and can lodge in your nose.

*The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars. They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.

*UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin, eventually causing wrinkles and skincancer.

*The virus CANNOT go through healthy skin.

*Vinegar is NOT useful because it does not break down the protective layer of fat.

*NOSPIRITS, NOR VODKA, serve. The strongest vodka is 400/o alcohol, and you need 65%.

*LISTERINE IF IT SERVES! It is 65% alcohol.

*The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.

*This is super said, but you have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.

*You have to HUMIDIFY HANDS DRY from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better. * Also keep your NAILSSHORT so that the virus does not hide there.

Keep calm and carry on

Ahead of attacks on its cities during World War II, the British government issued and displayed three posters with messages written to boost morale and mentally prepare its civilians. One of them, "**Keep calm and carry on,**" has grown in popularity over the years because its message is applicable beyond its original intent. It's also poignant now that coronavirus is invoking comparisons to world war. Be well.

***The Retired Men's Club of Cape Cod thanks the following
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their continued support***



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