

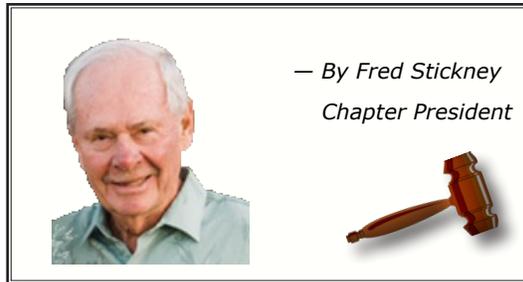
Winter Issue

December 2020
Volume 37, Issue 3

McCoy Chapter
92nd
Anniversary
1928-2020

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— By Fred Stickney
Chapter President

Fred's Reflections

The holidays are coming up and we are all still dealing with COVID 19 and all the precautions we need to take. I hope all our members are doing well and staying healthy.

Our national YMCA ALUMNI Board met recently and sent information on how the chapters are doing throughout the US. The current Alumni membership report has 1,742 members. November was the start of the membership campaign. They reported their meetings are held electronically and most of the chapters are now using Zoom for their meetings and other communications with members.

Zoom is a wonderful tool and our current McCoy Forum program is using this application to share time together, while discussing subjects around topic's the group has picked for their forums. The hope is that more McCoy members will join in these Forum programs, as it is a great way to share your thoughts and express idea's together. I know that many of you are already using zoom for family times or keeping up with friends.

We have reached out to our Medford/Ashland community as they were devastated by the fire in that area. Pat Flannery, former YMCA director in the

Los Angeles Association, owner of Dana Campell Vineyards reported that his land was spared, however everyone in the community is working to help out those most affected. Mike Murphy, former YMCA Director of Medford YMCA, shared that his land and vineyard was spared as well.

The Oregon Shakespeare progams have been online, which many of us have supported, through donations. The Allen-Stone chapter is planning the dates for our combined Chapters time together at next year's 2021 Oregon Shakespeare offerings in Ashland.



(Continued on page 2)

Coming Events



Zoom Christmas Party

December 15th

Fred's Reflections (cont.)



Henry J. McCoy
1847 - 1921
First General Secretary
San Francisco YMCA
1881 - 1915

I have been in contact with Rich Wallis, a board member of the Sioux YMCA annual campaign, which is reaching out to all YMCA Alumni groups for support. I am asking our members to donate through their website at Siouzymca.org, as donating directly helps the Sioux YMCA, in this special appeal for funding.

We have used zoom for our board meetings and we are now working with our program group to plan a Holiday Zoom in December. We feel it is important that we have contact with as many members at this time as we can. Watch for a notification on the next page for the date and time.

The beautiful fall weather is here, with leaves falling, early morning coolness and hopefully some rain on the horizon. Wishing everyone a Happy Thanksgiving, as we share gratitude for our families, friends and the communities around us. Stay Healthy and Safe.

Fred Stickney,
McCoy Chapter President
fredstick@aol.com

Fred

Y Alumni Mission Statement

The mission of the YMCA Alumni Association is to enable members to promote a nurturing worldwide Christian fellowship that provides educational, social service and charitable opportunities.

The Real McCoy is the official Newsletter of the McCoy Chapter of the YMCA Alumni Association..

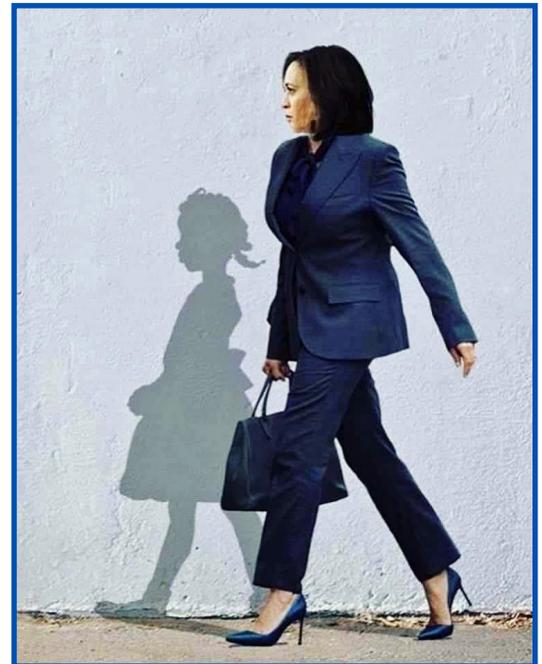
It is published four times a year: February, May, August and November. Articles and news for inclusion should be received by the 1st of the month of publication.

Some photos may have been "doctored" to make them more interesting.

Submissions may be sent to **Pam Sheble** by e-mail (see emails in next column) or mailed to Pam at 2730 Sequoia Way, Belmont, CA 94002.

McCoy Chapter Board

President	Fred Stickney fredstick@aol.com
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Membership	Bob Smeenk bsmeenk@sbcglobal.net
Member at Large	Vacant



The McCoy Chapter
of the YMCA Alumni Association
invites you to our
**First Ever Zoom
Christmas Party**



Tuesday, December 15th - 3:00 pm
Location - in front of your computer
Hosts - Chris Logan and Sally Stickney
**RSVP - send email to mccoyforums@gmail.com to let us know
that you will join us.**

Holiday message from Greg O'Brien
Join us for fun, fellowship, and holiday cheer
(Sorry - you will have to provide your own refreshments)



Jean Crichton (Kenwood, CA) Lori reports that "Mom is 99 1/2 years young and still enjoying life. She said, "Everyday should begin with a smile! Note her clever mask. I'm now an official Senior Citizen, receiving my first SS check on the third Wednesday of September. I'm also still working part time remotely, working on year 45 with my employer."



Chris Logan (Palo Alto, CA) reports the following. "I am into week 13 or more of "distance learning" with grandkids who are in Kindergarten and Second grade in Monterey. They spend two days a week in



Palo Alto. It is providing lots of learning opportunities about Zoom, Google Classroom, SeeSaw for all of us as well as reading, math, art, etc. We are all becoming better problems solvers with technology. On Friday afternoons we have cooking class to be ready to share a treat with Mom and Dad when they get picked on Saturday, and we have a "Coming Back Together Party" before heading home to Monterey. The parents are appreciative of having time to focus on their jobs knowing that the kids and Grandma are having a great time in these days of Covid."

Karen Nutter (McKinleyville, CA) checks in from her home in Humboldt County. "Another enriching, continual entertainment comes from observing nature as it passes through our yard, or from the sky. In July: Swallowtail butterflies flash their yellow wings as they fly about, exploring what our yard, and the neighbor's has to offer. One morning 4 crows sat in

the cherry tree and exchanged 7 different calls. (In August there was an 8th distinctive call.) Ravens and crows dive into the cherry tree, grab a cherry in their beak, and fly to the roof. Two blue heron mine for gophers in the pasture beyond our yard. One day a young heifer decided to chase one of the herons. The heron would lift off a few feet, and heifer would follow. This exchange moved across the entire pasture. I assumed the heron was having a good laugh. Hummingbirds and Cabbage butterflies began arriving at the end of July. Our puppy, Oliver, has joined our cat, Billie, catching gophers. Oliver has a slow learning curve. Billie's count is 11 so far this year. Most are from the pasture. And in the night we had one pair of fox fighting. Another night, a large group of racoons had a loud bashing of each other in our neighbor's yard. Adding to our enjoyment during dinner on the patio, during August, and September, our evening sky is filled with groups of 100+ black birds flying northwest. Some fly directly over us, and the sound of their wings is like nothing else. We also enjoy a general assortment of other small birds. As the seasons change, near the end of September, small wedges of geese begin to arrive. "



Jerry and Pat James (Austin, TX) You can't keep this cowboy down for long. Jerry and Pat were both diagnosed with COVID in mid-November. Since they were so careful, they were surprised by this. He had major surgery for a hernia in late October, so that may have been where they got the virus. Pat is a symptomatic,



but Jerry had fever, breathing difficulties and a three-day hospital stay. He returned home with an oxygen machine, but he should be off that by the time you read this. So many have sent notes, food, and prayers. God is good, and they are thankful."

Even More Member News

Kathy Catanho and Dave Eakin (Castro Valley, CA)
Some of you may recall an article in the newsletter about the ADU (Accessory Dwelling Unit or cottage) we were starting to build in our backyard around April of this year. It is now almost complete, just some landscaping to finish up.



It is an 800' 2 bedroom, 1 bath unit. When I get home from our 5 week rv trip (we're in Arkansas at the moment) I will list it for rent in the Castro Valley Forum and Craigslist.

I was checking rental prices before we left and i was amazed how high they were. This could rent for as



much as \$2400/month but i will likely list it at \$2,000.

The total construction cost including appliances, etc. is coming in around \$275,000. It will bring a good return on the investment!

The process was mostly fun and interesting. I enjoyed picking out paint colors, flooring, countertops, tile, etc.

I may do another ADU at one of my rental houses sometime in the future. These would be much smaller as the parcels are smaller. Probably in the 500-600' range.

Bud and Pam Sheble (Belmont, CA) We downsized our Thanksgiving from 19 to 2. We cooked early and ate at lunch time and took food to 2 relatives. Worked out great. Had cold turkey sandwiches and pumpkin pie for dinner.



We have kept close to home with occasional outings on our boat "From Pier to Eternity".

One of our favorite boat trips is over to Sam's Cafe in Tiburon where we could order lunch delivered to our boat at their dock. We have also gone to Angel Island (in the middle of the Bay) for a couple of day trips.



"From Pier to Eternity" on the left at Petaluma Dock

Over Halloween, we took the boat up to Petaluma for the weekend. The river and turning basin had recently been dredged after 4 years of being non navigable. We went with another boat and had a great time, all the time social distancing. We especially enjoyed the annual Witches Paddleboard parade which involved about 50 participants in various costumes. The weather was warm so we could sit outside and chat on the dock.

We picked up some "to go" food and took long walks. Can't wait for the vaccine to be distributed so we can visit up close with our friends.



JANE GOODALL, NOTED PRIMATOLOGIST

On October 15th the new McCoy Chapter program, "McCoy Forums", opened with a discussion of Chris Anderson interviewing noted primate expert, Jane Goodall. Attending the discussion group were: Sally Stickney; Bob Smeenk; Pam Sheble; Ron Markillie; Chris Logan; Sharon Gish; Bud Doane; and Don Anderson.

McCoy Forums is the program committee's response to the requirements brought on by COVID 19. The hope was to create a place where Y Alums could gather and enjoy discussing a topic of mutual interest. Given we need to gather at a distance, the internet seemed the answer. As the committee planned the project, it also seemed to be a way to reach out to more Y Alums in our chapter's area.

The Goodall interview was received very favorably. She told of her early work with chimpanzees and her break-through discovery that chimpanzees actually used tools, employing a stick to dig out termites. She also commented that chimps have a sense of humor and times of aggression and violence. Goodall cited a conference she attended in 1986 as a turning point in her career. Sessions on global conservation shocked her and she felt she changed from a scientist to an activist at that point. Her message is "Every day you live you impact the environment". We can choose to impact it negatively or positively. By thinking through our choices we can begin to reverse the great harm that has been done.

Everyone enjoyed the interview and commented on their admiration of Goodall. The group discussion was lively. Great concern was expressed about our earth's present condition. The group agreed that it was important to begin at the local community level to effect change. Education of our youth is critical and needs to be a part of our education system and is an area that the YMCA could emphasize in their youth programs.

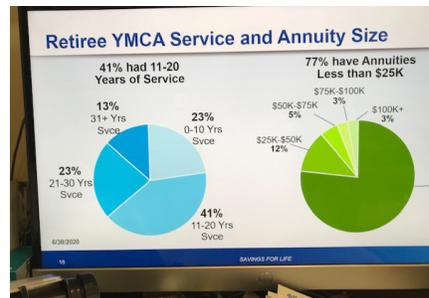
Don Anderson said that the rising level of the oceans is a major concern for Honolulu. Despite the concern, huge condominiums are still being built at the edge of the ocean, he noted. This led to a discussion of short term benefits that have long term negative impact.

The discussion strayed to other areas of interest at times, but we all enjoyed the chance to get together, see each other and talk about something that is important to us all. We ended the session talking about how we can expand the program to a broader segment of Y Alums.

Tom Horsley of the Allen Stone chapter made the arrangements for the November 10th Forum session which featured a presentation by **James Kirschner, Chief Strategy Officer for the Retirement Fund**. Mr. Kirschner works with the Funds Trustees and Senior Management to formulate and track long term strategies. He reported on the health of the fund in light of the current pandemic. Time was then allotted for Q & A and interaction among participants.



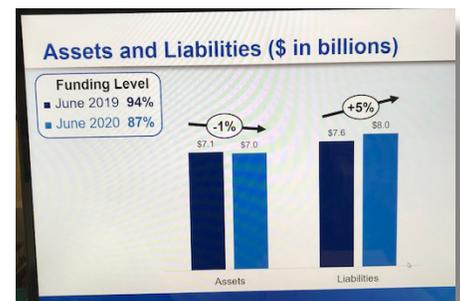
Jim had a wonderful Power Point Presentation which made absorbing the facts and figures pretty easy. Basically he told us that when the pandemic hit, the fund realized that the financial burden on YMCAs was going to be massive. In an effort to help, the board authorized the Ys to reduce their normal contributions (between 8 and 12%) to 1% for the foreseeable future. Of the 771 participating Ys 18% chose that option. Many of those were the large associations so it encompassed 44% of the participants.



Jim made it clear it did not affect current recipients and we would see no change in our monthly checks.

He also noted that 39% of our current retirees are under 70 and 54% had retired in the last 10 years. 77% of the participants have annuities of less than \$25,000 a year and 1% had between 11 -20 years of service.

Nearly 30 people participated in the call. We encourage all of our members to join us in future Zoom Forum events. It really is fun!





Return pledge form to:
Andy Corley, CEO
P.O. Box 210, Dupree, SD 57623
or andy.corley@siouxymca.org



The Real McCoy
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Dear Y retiree: We come to you today on behalf of the Sioux Y Board of Trustees to ask for your help. The Sioux Y is at a critical juncture. In a typical year, the Y receives about 40% of its funding through donations from other YMCAs. But Y's around the country are hurting. Many have said they cannot renew their donations. So, to fill that gap, the Board of Trustees is reaching out to friends and colleagues in the movement and asking for your support with a donation to the annual campaign. If you are not familiar with the Sioux Y let us share some information for context. For starters, it is the only YMCA in the country on an Indian reservation. The Sioux Y serves youth and families on the Cheyenne River Sioux Reservation in South Dakota. The reservation is 5,400 square miles and has a population of 13,000 people living in 19 small communities. Funding for the Sioux Y comes almost exclusively from donations and grants.

Conditions on the reservation are what you might expect in a developing nation. There is 75-90% unemployment and 71% of the children live in poverty. Housing is sub-standard and overcrowded, and there are high rates of drop-out, sexual abuse, teen pregnancy, suicide, and food insecurity. And as harsh as these conditions are, they have only been made worse by the pandemic.

The Sioux Y counteracts these destructive influences in kids' lives by providing them with positive role models, healthy activities, developmental programming, and leadership opportunities they otherwise would not have...and all at no cost. Over the summer, at the height of the pandemic, Y staff made over 70,000 sack meals and delivered them to kids on the reservation. That is just one example of how the Sioux Y nourishes the bodies, minds, and spirits of Native youth.

We respectfully ask that you consider a donation to the Sioux Y annual campaign. Whether \$50, \$100 or \$500, your gift will make a world of difference to kids on the reservation. Included with this email is a pledge form you can use if you wish to pay by check. Or you can go to www.Siouxymca.org, click on the Donate button at the top of the page, and pay by credit card, debit card or PayPal.

The Sioux Y reflects the best qualities of the Y movement. It honors a culture our forefathers tried to eradicate, it empowers a community that has suffered indignities and oppression for generations, and it brings hope and opportunity to youth badly in need of both. Please help us continue this great legacy. Thank you for your consideration.

Jerry Courtney
Chair, Sioux YMCA Board of Trustees

Kent Meyer
Chair, Sioux YMCA Annual Campaign

Sioux YMCA 2020 Annual Campaign Pledge Card

Name: _____ Email: _____

Address: _____ Phone: _____

City/State/Zip: _____

Gift/Pledge Information: My total gift to the Sioux YMCA is \$ _____

- Check Enclosed
- Please bill me on _____

Please print name(s) you wish listed for recognition _____

Sioux YMCA Mission: To develop and strengthen the children and families in our reservation communities so they can fulfil their greatest individual and collective potential spiritually, mentally, and physically.

Treasurer's Report



— By Jan Dale
Treasurer



The following is the report as of September 30, 2020.

July 1 – September 30, 2020 - Quarterly report

July 1 Beginning Balance \$3383.76

Income

Dues & Contributions \$510.00

Expense

Newsletter -\$278.16

Sept 30 Ending Balance - \$3615.60

January 1 – Sept. 30, 2020 – Calendar year to date

January 1 Beginning Balance- \$3839.48

Income

Dues and Contributions \$760.

Expense

Newsletters -\$983.88

Sept. 30 Ending Balance - \$3615.60

Editor's Note

Because of the pandemic, only three issues of the Real McCoy newsletter were printed this year. This was because of lack of chapter activities and news from our membership. Thank you, in advance, for your understanding. We really need your contributions to make it work.

Have a wonderful holiday season and stay safe!

Pam Sheble

Pam

In response to the previous newsletter's dues reminder, we received an additional \$200 in dues (for 2020 or prepayments for 2021) and \$310 in contributions. Thank you so much

Your 2021 dues and contributions may be made either online at <https://www.ymcaalumni.org> or mailed directly to:

YMCA Alumni

Attn: Bob Hastedt, Treasurer

P.O. Box 120989

Staten Island, NY 10312-0989

As we move into the holiday season, I hope everyone is finding creative ways to stay connected to your friends and family.

Respectfully submitted,

Jan Dale, Treasurer

Jan

Important Websites to Checkout:

Y Alumni Website:

<http://ymcaalumni.org>

YAlumni newsletter is mailed to Y Alumni members 8 times a year. Go to above website and join now.

Y Alumni Travel Club:

<http://www.ymcaalumnitravelclub.org>

YMCA Retirement Fund Website:

<http://www.yretirement.org/default.aspx>

Online readers click below:

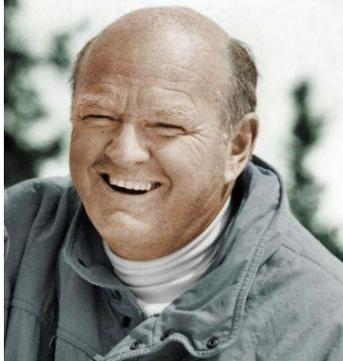
[McCoy Chapter Alumni FaceBook Page](#)

Printed copy readers go to:
www.facebook.com and search for
McCoy Chapter Alumni.



National Service Project

Good morning - The committee has agreed that **Craig Altshul** (*photo on right*) will be the spokesperson for the group regarding announcements. This is to prevent any information going out that is premature or inaccurate.



We are in the information gathering process with local and National figures to gather the elements of a project in line with our goals and attributes.

Craig is planning on releasing a statement in the National Y alumni publication that will be coming out in the near future. Included in the publication will be the membership renewal application for 2021.

Another side issue. There is a group of alumni males who are pledging to stop shaving until the covid vaccine becomes available to us. All are welcome. That's a hairy story. Contact John Mistkawi for details at jmistkawi@comcast.com.

Bob

Bob Smeenk
Membership Chair

Calm Down!
Walmart is just asking you to wear a mask. You can still wear your pajamas, and leave your bras and teeth at home.



EAF Report

by Ron Markillie
EAF Chairperson

Jim and Mickey Havlick, our National EAF chairpersons, report that they are hopeful that an EAF Solicitation Letter with a donation form will be sent from National in January to all Y Alumni Members. Current furloughs and staff reassignments on the national level have led to a spotty reporting situation and overloaded work responsibilities.

The important reminder is that people need to remember to indicate the McCoy Chapter on their gifts. If this is not done I understand the money goes into the EAF account but chapters don't get the credit. I know that both Pam Sheble and I had this occur recently. I am sure in my case I did not reference McCoy Chapter in my first donation. I did in my second donation and McCoy did get credit. I know that Jim has to work with the staff at National and that some changes have occurred. This darn pandemic is also a issue currently

I know that this is a key year for EAF due to this pandemic. We will need to be creative on how to keep EAF in front of people since we are not meeting face to face.

In the last report the McCoy Chapter had registered 8 donations for \$1085. If you haven't donated to the EAF (Emergency Assistance Fund) yet this year, please do so. There is obviously going to be much need in the coming months since many Y employees have lost their jobs due to the Corona Virus pandemic.

You can donate by going online to ymcaalumni.org and clicking on the EAF tab. You can also send a check to :

Emergency Assistance Fund - Y of USA
Financial Dev. Div. 16th floor
101 Upper Wacker Drive
Chicago, IL 60606

My best wishes to you all for the holiday season ahead.

Ron

EAF Liaison - Ron Markillie
ronmarkillie@comcast.net



Congratulations and best wishes to the following couples:

61 Years

Carl & Mary DuBois Nov 22
Bill & Joanne Newton Dec 27

59 Years

John and Jan Fesler Jan 28

56 Years

Jack & Carolyn Wylie Dec 27

51 Years

Royce & Joyce Starr Dec 16
Connie & Richard Pemberton Jan 25

45 Years

Bud & Marcy Doane Dec 20

17 Years

Diana & Jacob
Garcia-Zachariah Jan 17

Chris O'Brien	Nov 4
Ron Markillie	Nov 8
John Boore	Nov 9
Don Zerwer	Nov 14
Steve Rogers	Nov 17
Madelaine Stiver	Nov 18
Jerry James	Nov 22
Dee Bright	Nov 23
Stan DuBose	Nov 26
Rosella Zerwer	Nov 27
Sally Huebner	Nov 28
Pat Bergthold	Nov 30
Pam Sheble	Dec 5
Lois Hornstra	Dec 6
Mary Lipscomb	Dec 15
Jane Bostwick	Dec 17
Arnold Leonard	Dec 18
Ralph Drake	Dec 19
Neil Homer	Dec 19
Joyce Mercer	Dec 20
Jim Lipscomb	Dec 21
Rod Carpenter	Dec 22
Alan Wong	Dec 23
Diana Garcia-Zachariah	Dec 24
Dave Thornton	Jan 7
Maynard Bostwick	Jan 9
Lee Muckey	Jan 12
Patricia Reed	Jan 17
Jack Wylie	Jan 21
Jane Holt	Jan 24
Terri Texeira	Jan 29
Robert Holmgren	Jan 31



We would really like to acknowledge all wedding anniversary dates and birthdays, so please give us yours next time you pay your dues or send the information to Pam Sheble at 2730 Sequoia Way, Belmont, CA 94002 or via email at

pamsheble@comcast.net

**AN ARCHEOLOGIST IS
THE BEST HUSBAND A
WOMAN CAN HAVE.
THE OLDER SHE GETS,
THE MORE INTERESTED
HE IS IN HER.**

AGATHA CHRISTIE

**Please let us know your birthday
so we may light a candle for you.**



We Remember...

Miriam Annette Pike

August 22, 1926 to July 11, 2020



Miriam Annette Pike was one of twelve children raised during the Depression by the farm family of Basil and Clara Huston in the small south eastern Iowa town of Olds. Raised in the Congregational Church, she led the early life of a farm girl wanting to get to the big city as soon as she could. At age eighteen she moved to the capitol, Des Moines, and learned the skills of a typist and secretary that would serve her throughout her work life. With the advent of World War II she returned to Olds and first met a young Lieutenant, newly minted for the war effort, Vernon W. Pike of Greenfield, Iowa. When the war ended, she and Vernon married in a home town ceremony and promptly moved to California where the young officer was to be enrolled in graduate school at Stanford University in Palo Alto, where he earned a Master's Degree and entered the teaching profession.

Miriam was never to be a stay at home wife and homemaker. Her children Pamela and Marshall always had their lunches packed, dressed well and enjoyed a family dinner throughout their early years, but truth told, Miriam worked day jobs as receptionist, school secretary and then office secretary to the new Northwest YMCA, working for its first Executive Director, Don Zerwer, throughout. While Vernon graded papers into the evening, her children enjoyed a family life she made all the more pleasant by her quiet manner and organization of a family focused home.

Miriam was alongside Vernon as he became more and more vitally interested in the YMCA movement, first and foremost as a volunteer. The spirit of giving was a hallmark of that service chronicled in the Golden Book of Y'sdom which honors such efforts. He and she share an honored page in that book and were recipients of its highest honor, the Ballantyne Award in 1985. Miriam and Vernon traveled extensively visiting Europe, Australia and Japan, often representing the USA Region of the Y's Men International at their biannual conferences. She, like Vernon, believed in the movement that had fostered so much good will among peoples and nations, often hosting visitors from Clubs from around the world at their home in Sunnyvale.

Miriam and Vernon retired to the seacoast town of Seacliff, California in 1982. He enjoyed volunteering in the Natural History Museum at Seacliff State Park and she became more interested in volunteering with the California Hospital Auxiliary at Dominican Hospital in Santa Cruz. Recognized for her vigorous and organized ways, she became the local and then Central Coast Chairman of the Auxiliary in 1990. Vernon passed away in 2006.

Her son, Marshall followed her into Y work, spending years serving as Executive of the YMCA of the Redwood's which is part of the Silicon Valley YMCA. Marshall is now retired, lives in Red Bluff, and is a member of the McCoy Chapter of the Alumni Association.

A professor of pharmacy at U of Toronto sent this clearly worded update to his family. For this pandemic, there's a greater chance of survival for those getting infected 3 months later like June 2020 than those who got infected 3 months earlier, say February 2020. The reason for this is that Doctors and scientists know more about Covid-19 now than 3 months ago and hence are able to treat patients better.

I will list 5 important things that we know now that we didn't know in February 2020 for your understanding.

1 COVID-19 was initially thought to cause deaths due to pneumonia - a lung infection - and so ventilators were thought to be the best way to treat sick patients who couldn't breathe. Now we are realizing that the virus causes blood clots in the blood vessels of the lungs and other parts of the body and this causes reduced oxygenation. Now we know that just providing oxygen by ventilators will not help. We have to prevent and dissolve the micro clots in the lungs. This is why we are using drugs like Aspirin and Heparin (blood thinners that prevent clotting) as a protocol in treatment regimens in October 2020.

2 Previously patients used to drop dead on the road or even before reaching a hospital due to reduced oxygen in their blood. This called HAPPY HYPOXIA -- where even though the oxygen saturation was gradually reducing, the COVID-19 patients did not have symptoms until it became critically less, like sometimes even 70%. Normally we become breathless if oxygen saturation reduces below 90%. This breathlessness is not triggered in COVID patients so we were late in getting sick patients to hospitals in February 2020. Now since knowing about happy hypoxia we are monitoring oxygen saturation of all COVID patients with a simple home use pulse oximeter and getting them to the hospital if their oxygen saturation drops to 93% or less. This gives doctors time to correct the oxygen deficiency in the blood and there is a better survival chance in October 2020.

3 We did not have drugs to fight the coronavirus in February 2020. We were only treating the complications caused by it... hypoxia. Hence most patients became severely infected. Now we have 2 important medicines FAVIPIRAVIR & REMDESIVIR. These ANTIVIRALS can kill the coronavirus. By using these two medicines we can prevent patients from becoming severely infected and therefore cure them BEFORE THEY GO TO HYPOXIA. This is knowledge that is available in October 2020... not in February 2020.

4 Many Covid-19 patients die not just because of the virus but also due to the patient's own immune system responding in an exaggerated manner called CYTOKINE STORM. This stormy immune response not only kills the virus but also can kill the patients. In February 2020 we didn't know how to prevent it from happening. Now in October 2020, we know that Steroids, that doctors around the world have been using for almost 80 years, can be used to prevent the cytokine storm in some patients.

5 Now we also know that people with hypoxia become better just by making them lie down on their belly - known as prone position. Apart from this, a few days ago Israeli scientists have discovered that a chemical known as Alpha Defensin produced by the patient's White blood cells can cause the micro clots in blood vessels of the lungs and this can be treated with Colchicine which has been used over many decades in the treatment of Gout. So now we know for sure that patients have a better chance at surviving the COVID-19 infection in October 2020 than in February 2020. Going forward there's nothing to panic about Covid-19 if we remember that a person who gets infected now has a better chance at survival than one who got infected early.

Let's continue to follow precautions, wear masks and practice social distancing.

Contributed by Pam Sheble who had it reviewed by a close friend who is a retired Medical Doctor of Internal Medicine. He says that it is all correct.

