

BARNSTABLE NEWCOMERS – October, November & December

Hope you all enjoyed Halloween , Thanksgiving and Christmas events with family and

friends.    , Holiday Greetings from Charlie Srocynski, President

of BNC.  Due to the Delta Variant of Covid -19 and Omnicron Variant, there were no meetings held for the months of October, November and December.



By now you have all received the BNC Club Activities Document along with the Barnstable Application for anyone who has yet to update their information sent on my behalf via Helen McWilliams. If you have not completed this application, at your convenience please do so. This will assist Helen in updating our records. In advance thank you for your cooperation.



I would like to add another note about a member who passed away, Joe Mooney. Joe is a long time member loved by us all. He was always available and approachable. He was active in club affairs; he and Rosemary led our Sunshine Club with compassion as long as I have been a member. He will be missed.



I expect to be able to meet again as a group in the Spring.



Book Clubs have continued to flourish.



The Walking Club has been active even in the cold weather.

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When we meet we will be electing new officers for the club . I have been President for two years and will pass the duty on. I will shortly send out a call for nominations.



- **NOTES: (Source- CDC)**
- **The Delta variant is more contagious:** The Delta variant is highly contagious, more than 2x as contagious as previous variants.
- **Some data suggest the Delta variant might cause more severe illness than previous variants in unvaccinated people.** In two different studies from Canada and Scotland, patients infected with the Delta variant were more likely to be hospitalized than patients infected with Alpha or the original virus that causes COVID-19. Even so, the vast majority of hospitalization and death caused by COVID-19 are in unvaccinated people.
- **Unvaccinated people remain the greatest concern:** The greatest risk of transmission is among unvaccinated people who are much more likely to get infected, and therefore transmit the virus. Fully vaccinated people get COVID-19 (known as [breakthrough infections](#)) less often than unvaccinated people. People infected with the Delta variant, including fully vaccinated people with symptomatic breakthrough infections, can transmit the virus to others. CDC is continuing to assess data on whether fully vaccinated people with asymptomatic breakthrough infections can transmit the virus.

Fully vaccinated people with Delta variant breakthrough infections can spread the virus to others. However, vaccinated people appear to spread the virus for a shorter time: For prior variants, lower amounts of viral genetic material were found in samples taken from fully vaccinated people who had breakthrough infections than from unvaccinated people with COVID-19. For people infected with the Delta variant, similar amounts of viral genetic material have been found among both unvaccinated and fully vaccinated people. However, like prior variants, the amount of viral genetic material may go down faster in fully vaccinated people when compared to unvaccinated people. This means fully vaccinated people will likely spread the virus for less time than unvaccinated people.

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Vaccines

Vaccines in the US are highly effective, including against the Delta variant

- The COVID-19 vaccines approved or authorized in the United States are highly effective at preventing severe disease and death, including against the Delta variant. But they are not 100% effective, and some fully vaccinated people will become infected (called a breakthrough infection) and experience illness. For all people, the vaccine provides the best protection against serious illness and death.
- Vaccines are playing a crucial role in limiting spread of the virus and minimizing severe disease. Although vaccines are highly effective, they are not perfect, and there will be vaccine breakthrough infections. Millions of Americans are vaccinated, and that number is growing. This means that even though the risk of breakthrough infections is low, there will be thousands of fully vaccinated people who become infected and able to infect others, especially with the surging spread of the Delta variant. [Low vaccination coverage](#) in many communities is driving the current rapid surge in cases involving the Delta variant, which also increases the chances that even more concerning variants could emerge.
- Vaccination is the best way to protect yourself, your family, and your community. High vaccination coverage will reduce spread of the virus and help prevent new variants from emerging. CDC recommends that everyone aged 12 years and older get vaccinated as soon as possible.

Please stay safe and wishing you a very Happy New Year.

Charlie Srocynski, President of BNC