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PRESIDENT  ARCHANA GOYAL

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## A polio survivor's plea: Don't let this happen to you

Posted on September 15, 2022 by Div Louw, Rotary Club of Benoni, South Africa



*Polio survivor Div Louw, of the Rotary Club of Benoni, South Africa, trains for an upcoming para sport triathlon event*

I was a typical, energetic four-year old in South Africa, running around our house with visions of my hero, long distance runner Jan Barnard, in my head when I felt something wrong. I ran inside and told my mother, "I have a dripping tap in my chest." This was my way of describing what I felt, my heart skipping beats now and again. My mom, Christine, pressed an ear to my chest and called our general practitioner.

That would be the last day I would run imaginary races with Barnard. I had contracted spino-bulbar polio, which destroys neurons in the brainstem causing respiratory or cardiac failure. I was given less than a 2% chance of survival. This was in 1955, during a polio epidemic in South Africa, months before the Salk Vaccine was declared safe and effective.

I spent the next six months in isolation, staring at my parents through the window of an isolation ward. They would bring me beautiful presents, but I never got them. I thought the nurses had stolen them, and because I was paralyzed, I could not help myself. Later, I realized I had a room full of gifts back at home.

When I was discharged, the doctors were of the opinion I should undergo surgery, and that I should be put into casts and spend six months in recovery. They gave me very little chance of not being crippled. My Dad had a different opinion. He bought me a Fire Brigade (a bright red toy riding truck), and offered me a choice.

"Son, you can either go into the hospital and get leg calipers and hope you can be able to walk again or you can take this (toy truck) and do what you do best."

**That was the trigger for everything that followed.** I loved that Fire Brigade. We became inseparable and it became my substitute legs. I eventually graduated to a bicycle and spent a lot of time getting up and dusting myself off. Then I learned to

swim in the warm waters of a spa resort during family holidays, exuberantly applying my new-found unrestricted activity. And something amazing happened. My broken body adapted. Nerves sprouted detours, surrounding muscles took over functionality of paralyzed ones. I almost looked and functioned normally. Almost.

It was at university when I dared train around other athletes that a passion rekindled to be a real athlete. I learned to play squash and joined some low-rated team rugby games. After college, I continued to play squash somewhat seriously.

**But polio never really leaves you.** During training for a league game, I once again became aware of my famous childhood foe. My heart skipped beats, I developed twitches and tremors. Once more in the Pretoria hospital, Professor Ben Lotz and his clinical assistant delivered dreadful news, the effects of polio had returned, I was suffering from what many knew as post-polio syndrome. I was advised that I would soon be immobile, and my family was cautioned I may spend the rest of life in a wheelchair. I did the only thing I knew how, I remained mobile and active.

In 2018, I saw a neurologist for a routine exam including an MRI and brain scan, and he once more expressed surprise that I was still walking. I took the news seriously, and prepared for possible immobility, shedding excess weight.

I started exercising. Walking. Then cycling. And finally, I returned to my favorite activity, swimming.

At the age of 70, I discovered para sport and became a triathlete. I was classified PTS-3 and after acquiring some regional medals, received gold in my category at the Africa Triathlon Championships in Sharm El Sheikh, Egypt, in 2021. I am now training to compete in Morocco at the championships 24-25 September, with a goal of under two hours to earn ranking for Paralympic participation.

**I saw something in Egypt** that moved me to advocate for these amazing para-athletes. They are responsible for every aspect of their own participation. They make all their own arrangements and cover all expenses, down to the last dime. They compete for the sake of the challenge, the thrill of achieving the impossible. While they could always use financial support, they deserve an accolade for their tenacity at the finish line.

I also knew I wanted to advocate for ending polio. But I knew I needed allies to do so. I searched the Internet and discovered that Rotary has been committed to eradicating polio for decades. Heeding the advice of a friend and member of the Rotary Club of Benoni, Annie Steijn, I attended a post-polio syndrome advocacy group. In July, I joined the club, and became one of its newest advocates for **End Polio Now**.

The intensity of my plea comes from experience. When I hear about resistance to vaccinations, and read about polio being detected in places including Europe, I want to tell people: Don't let this happen to you. It must not. It cannot. Vaccines work. If I had a choice, I would have taken the vaccine.

The Rotary Club of Benoni and the District 9400 PolioPlus committee have started a Back-A-Buddy campaign to support my training with all proceeds going to Rotary's PolioPlus Fund. See my Facebook page or contact grace@gracevanzyl.com for more information.

## Rotary clubs, Peace Corps volunteers support Ukrainian refugees

Posted on September 12, 2022 Kim Dixon, Rotary Club of Raleigh Midtown, North Carolina, USA



*A young volunteer (in white) helps distribute supplies to Ukrainian refugees in Moldova*

When I served in the Peace Corps in the Republic of Georgia from 2014-2016, I engaged with the International Rotary Club of Tbilisi to support several service projects. As a Returned Peace Corps Volunteer and a now member of the Rotary Club of Raleigh Midtown, I am proud to help integrate our shared service goals as the current President of Partnering for Peace, a nonprofit that promotes and supports the formal service partnership between Rotary International and US Peace Corps. This spring at the Rotary International Convention, I heard about the Rotary Foundation's special exemption that permits Rotarians worldwide to apply for Disaster Response Grants if funds will be used to aid Ukrainians or Ukrainian refugees. I approached my district leaders about the possibility of a grant to support Ukrainian refugees sheltering in Moldova. Through Partnering for Peace, I learned that a group of Returned Peace Corps Volunteers called Friends of Moldova had opened emergency centers, which were distributing approximately \$20,000 of food and basic hygiene supplies every week to Ukrainian refugees. Together, Friends of Moldova, Rotary District 7710, the Moldova Rotary Club, and the Rotary Club of Chisinau Cosmopolitan applied for a Disaster Response Grant. I could not believe how quickly The Rotary Foundation processed our Disaster Response Grant application. On 30 June, on her last day as District Governor, Angela Jamison signed the Disaster Response Grant application. Our district received \$25,000 in grant funds on 20 July, and Moldovan Rotary members received that amount by wire on the same day. Just days later, on 25 July, goods were purchased and delivered: food and hygiene supplies to sustain an estimated 2,400 refugees, including 900 children, for another week.

I still can't get my arms around the magnitude of the need, how much our Rotary service could help, and, aided by the network and resources of our Peace Corps service partnership and The Rotary Foundations Disaster Response Grant process, how quickly we could mobilize our help. Through the shared vision and connections

of Rotary members and Returned Peace Corps Volunteers, we provided comfort and care to thousands of people struggling to deal with the impacts of war in their homeland.

As Rotary members, we can support similar efforts through our donations to Rotary's Annual Fund. Donations to the Annual Fund's Disaster Response Fund will support future disaster responses, while donations to the Annual Fund-SHARE will support both district and global projects. Your support of The Foundation brings projects to life, providing meaningful and sustainable support of humanitarian efforts worldwide.

*"Imagine, a world that deserves our best, where we get up each day knowing that we can make a difference."*

*Jennifer Jones, 2022-23 Rotary International President*

## RI President Jennifer Jones' statement on the death of Queen Elizabeth II

It was with great sadness that we learned of the passing of Her Majesty Queen Elizabeth II, whose dedication to humanitarian causes and unwavering commitment to peace and the environment deeply inspired Rotary members around the world, especially those in the Commonwealth countries. The queen was a supporter of Rotary's polio eradication and humanitarian missions. She received the Rotary International Award of Honor, the organization's highest recognition, in December 2013 to celebrate the 60th anniversary of her coronation. Her late husband, Prince Philip, was an honorary member of the Rotary clubs of Kings Lynn, Windsor & Eton, and Windsor St. George, England; and Edinburgh, Scotland.

We join the international community in offering our condolences to the royal family.

-RI President Jennifer Jones

9-Sep-2022

## Presidential message: September 2022



*Jennifer Jones*

*President 2022-23*

Recently, Nick and I spent time in Guatemala, where we met wonderful fellow Rotary members and families who unofficially adopted me as "Tía Jennifer." On the third day, after visiting Patzún in the mountainous western highlands, we set out for Lake Atitlán, which we needed to reach by nightfall.

If we took a back road we could get there faster. Locals told us it had just been repaved and assured us, "You'll have no problem."

At first, it was a breeze. We wound through misty-green coffee and corn fields covering the hillside like a patchwork quilt. But at a river crossing, we found a bridge washed away. The only way to continue would be to ford the river in our small bus. There were a few tense moments, but we decided to give it a try and, thankfully, we made it across safely.

This adventure reminds me of two important truths in Rotary. One, we rely on local, on-the-ground expertise to do what we do best. And two, sometimes you have to take uncomfortable chances to reach important goals.



Every day, I am honored to learn from our Rotary family. Every lesson is an opportunity to grow, and each story adds a chapter to our collective Imagine Rotary year.

## Support Rotary's commitment to quality education for all

Posted on September 16, 2022 by Service and Engagement Staff, Rotary International



*A Basic Education and Literacy project organized by Rotary clubs in Canada placed a two-page spread of a storybook at 21 stations on a trail to encourage children to read and play outdoors*

The United Nations Sustainable Development Goal 4: Education: prioritizes ensuring inclusive and equitable quality education and promoting lifelong learning opportunities for all. The United Nations reports that the COVID-19 pandemic has deepened a global learning crisis. An estimated 24 million students (pre-primary to university level) may never return to school. Communities are prioritizing getting students back into in-person learning environments, rebuilding and enhancing school infrastructure, from reliable electricity to safe drinking water and needed sanitation systems along with hygiene habit training, to meet learning needs, training, and supporting teachers.

Rotary members around the world are helping educators, students, and their families access needed infrastructure, resources, and training to ensure all students are receiving an inclusive and equitable quality education. Here are a few examples of recent basic education and literacy projects from our global community:

- The Rotaract Club of Abia State College of Sciences, and Management Technology, ABA in Nigeria partnered with the Rotary Club of Eziukwu Aba to raise funds and award scholarships to cover students' school fees and daily transportation costs. The clubs will continue partnering with students to support them with their education journey throughout the school year.
- On 8 September 2022, International Literacy Day, the Rotary Club of Dhrangadhra in India recognized 25 outstanding teachers for their commitment to outstanding education. The club organized a special celebratory event to recognize educators for prioritizing students' physical, social and emotional wellbeing, advancing education for students with special needs, and creating a safe environment for students to return to in-person learning.
- The Rotary Club of Ladner, in partnership with two other clubs of North Delta and Tsawwassen in British Columbia, Canada, partnered with the City of Delta and local organizations to create a story walk: a storybook displayed across 21 stations along a one-kilometer trail. The monthly stories encourage curiosity, a love for reading, physical well-being, and literacy.

Throughout September, Rotary's Basic Education and Literacy Month, share on Rotary Showcase how your club is supporting educators, learners, and their families to help close the gap in access to quality education.

Looking for additional support? Review the Basic Education and Literacy Project Strategies Guide to start or scale your program. Contact the Basic Education and Literacy Rotary Action Group for assistance with a project idea.

## Switching to renewable energy could save trillions - study

By Jonah Fisher, BBC Environment Correspondent on September 14, 2022



*Offshore wind farm: Image Source: Philip Silverman  
Image caption: The cost of green energy like wind and solar has been falling for decades*

*Switching from fossil fuels to renewable energy could save the world as much as \$12tn (£10.2tn) by 2050, an Oxford University study says.*

*The report* said it was wrong and pessimistic to claim that moving quickly towards cleaner energy sources was expensive.

Gas prices have soared on mounting concerns over energy supplies. But the researchers say that going green now makes economic sense because of the falling cost of renewables.

"Even if you're a climate denier, you should be on board with what we're advocating," Prof Doynne Farmer from the Institute for New Economic Thinking at the Oxford Martin School told BBC News. "Our central conclusion is that we should go full speed ahead with the green energy transition because it's going to save us money," he said.

The report's findings are based on looking at historic price data for renewables and fossil fuels and then modelling how they're likely to change in the future.

The data for fossil fuels goes from 2020 back more than 100 years and shows that after accounting for inflation, and market volatility, the price hasn't changed much.

Renewables have only been around for a few decades, so there's less data. But in that time continual improvements in technology have meant the cost of solar and wind power have fallen rapidly, at a rate approaching 10% a year.

The report's expectation that the price of renewables will continue to fall is based on "probabilistic" modelling, using data on how massive investment and economies of scale have made other similar technologies cheaper.

"Our latest research shows scaling-up key green technologies will continue to drive their costs down, and the faster we go, the more we will save," says Dr Rupert Way, the report's lead author from the Smith School of Enterprise and the Environment.

Wind and solar are already the cheapest option for new power projects, but questions remain over how to best store power and balance the grid when the changes in the weather leads to fall in renewable output.

### Cost of net zero

Back in 2019 Philip Hammond, then Chancellor of the Exchequer wrote to the prime minister to say that the cost of reaching net zero greenhouse gas emissions by 2050 in the UK would be more than £1tn. This report says the likely costs have been over-estimated and have deterred investment.

It also says predictions by the Intergovernmental Panel on Climate Change (IPCC) that the cost of keeping global temperatures rises under 2 degrees would correspond to a loss of GDP by 2050 were too pessimistic. The transition to renewables was, it says, likely to turn out to be a "net economic benefit".

The research has been published in the journal *Joule* and is a collaboration between the Institute for New Economic Thinking at the Oxford Martin School, the Oxford Martin Program on the Post-Carbon Transition, the Smith School of Enterprise & Environment at the University of Oxford, and SoDa Labs at Monash University.

## Brief outline of the Global Grant 1991152

**Purpose:** 'Fight against Anemia in Women'

**Objectives:** Treat women of Anemia by screening and treatment and prevent by educating them

**Title:** 'Matri-Raksha' - protection of mothers

**Scope of work:** Provide screening camps, minor and major surgeries, medicines, awareness training, healthcare professional training and providing diagnostic equipment at community health centers

**Coverage:** Both districts of 24 Parganas, West Bengal, India

**Sponsors:** Rotary clubs of Salt Lake Metropolitan Kolkata of District 3291, India and Nidau-Biel, Biel-Bienne, Biel-Buttenberg of District 1990, Switzerland:

**Grant Partners:** Rotary Foundation India, the Rotary Foundation of Rotary International,

**Associates:** Related Government and civic bodies, NGO's

## QUOTE

*literacy is at the heart of sustainable development*  
Kofi Annan

## UNWIND

*From Washington DC Airport ticket agent:*

*Senator Dianne Feinstein called and said, "I need to fly to Pepsi-Cola, Florida. Do I have to get on one of those little computer planes?"*

*I asked if she meant fly to Pensacola and fly on a commuter plane. She said, "Yeah, whatever, smarty!"*

September Is Basic Education & Literacy month

## TAILPIECE

**Bigger breakfasts better for controlling appetite, study suggests**

*By James Gallagher, Health and science correspondent BBC on September 16, 2022*

*Eating a big breakfast and a smaller dinner could aid weight loss by making you feel less hungry, say researchers.*

Scientists precisely controlled people's meals to compare the impact of a large breakfast or a large dinner.

The University of Aberdeen team found people burned the same calories whenever they had their biggest meal of the day.

But appetite was noticeably smaller after big breakfasts, which could make it easier to stick to a diet.

The researchers were investigating the world of "chrono-nutrition" and how the food we eat is affected by the rhythms of our body's internal

clock. One idea is the evening is a bad time to eat, because the body clock shifts our metabolism towards sleep.



Image Source: Getty Images

The 30 volunteers had all their meals prepared for them for more than two months with breakfast, lunch and dinner adding up to about 1,700 calories a day.

They spent one month having a huge breakfast using up nearly half their daily calories, followed by a smaller lunch and an even smaller evening meal. In the other month the volunteers had their big meal in the evening rather than the morning.

▪ **Find out what your body clock is doing right now**

▪ **Metabolism peaks at age one and tanks after 60**

People's metabolism was precisely measured using doubly labelled water, which is denser than normal water and can be tracked as it leaves the body.

The results, **published in the journal *Cell Metabolism***, found the timing of a big meal made no difference to how many calories were burned, to people's resting metabolic rate or the amount of weight they lost.

The key difference was to appetite or hunger levels, which were suppressed by the large breakfast.

Prof Alexandra Johnstone said that was likely to be crucial in the real world when the amount of food available was not being controlled.

She told me: "The studies suggest, for appetite control, the big breakfast was a winner.

"If you can start your day with a healthy big breakfast, you are more likely to maintain physical activity levels and maintain that control over appetite for the remainder of the day."

The breakfasts in the study included smoothies, yoghurts, eggs, sausages and mushrooms, and all contained plenty of protein which helps people feel full.

It is not clear why a bigger breakfast lowers appetite. The researchers say it is more complicated than having a full stomach in the morning and then sleeping when it is empty.

Prof Johnstone said there were ideas around the brain's appetite and reward systems being "more in tune for the first meal of the day" as it breaks the overnight fast.

However, the results are in contrast to most people's eating habits.

"People are trying to maximize their sleep and don't have time in the morning to either prepare or sit down and eat a larger meal, and therefore, by default, eat a larger evening meal," said Prof Johnstone.

The scientists are now investigating what happens when shift workers eat in the middle of the night, and trying to establish whether people should eat according to chrono-type (whether they are naturally a morning or evening person).

Dr Duane Mellor, a dietitian at Aston University, said: "If you are thinking about changing your diet, think about times when you get hungry and may go for an extra snack.

"If that is in the morning, then having a bigger breakfast may help. Equally if you are an evening nibbler, having a more substantial evening meal instead and eating smaller meals in the day could help."