

OUTA SPACE

NEWSLETTER

ROTARY E-CLUB OF SOUTH AFRICA ONE

www.rotaryclubsa.org

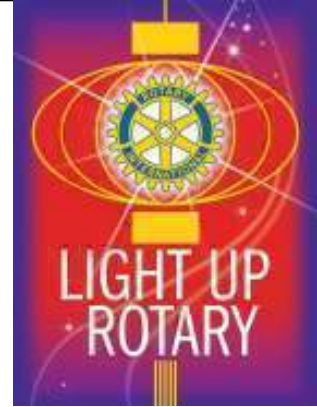
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Rotary



14 April 2015
No 20



APRIL this year is **MAGAZINE Month** for the last time in the **Rotary Calendar** – from next year it will be recognised as **MATERNAL AND CHILD HEALTH** in the **Rotary Calendar**.

In my editorial last month I ended off with the following:

We have the perfect way to do this. In our Members Clubhouse there is the ABOUT ME dropdown where members in the group are able to send messages to each other without having to do emails/facebook/phone calls etc.

This would mean that members would need to check their own ABOUT ME blog regularly – we are still working on a system to get a message to the members to say they have a message!

What do you think?

The response was outstanding with only 9 of our members not responding and those who did thought that it would be a good/great/excellent idea so we will be proceeding with that right away.

You will find two attachments with this Newsletter – one with the latest contact details of our members

and a second list with the 9 groups of members who need to do some 'connecting' during April and May. The Groups will change for Jun/Jul. Please join in the FUN.

In days gone by when people did not join in they were called a 'stick in the mud' but that phrase is not often used these days. No doubt it is still used in the soggy North.

May month has no special Rotary recognition but from the next Rotary Year it will be **Youth Services Month**.

It is quite appropriate then that our Club sponsored Interact Club of Ekuthuleni will be up and running by then. See page 4 for more details.

It was also pleasing to read that one of our young ECR Toy Story volunteers, Amy van der Merwe, is one of the nominations in the Sunday Tribune as a LeadSA hero for April. Well done Amy.

Have Fun

Gerald Sieberhagen - Editor

DG ANDREW JAEGER

VISIT to our E-CLUB →

GoToMeeting on

5th May at 19h00

Finishing What He Started

April marks the 60th anniversary of the announcement that Jonas Salk's inactivated polio vaccine (IPV) was safe and effective; his work is playing a more important role than ever in securing a polio-free future



Dr Jonas Salk with one of the first children to receive the vaccine.

© WHO

Some moments in history carry a greater significance than others. Sixty years ago on the 12th of April, a vaccine developed by Jonas Salk proved to be safe and effective in protecting children against polio. This gave the world one of the critical tools needed to begin the fight against the crippling disease. Since then, the polio programme has been one of the most successful public health programmes in history, reducing polio cases reduced by 99%. Now, the final 1% is tantalizingly within reach. As we commemorate Jonas Salk's remarkable achievement, the vaccine that

began this journey – the inactivated polio vaccine (IPV) – is playing an important role in the final steps towards eradication, and ensuring that the virus will never be able to return.

An incurable threat

For thousands of years, polio was a leading cause of disability, arriving without warning and causing lifelong paralysis. Against the backdrop of increasingly devastating outbreaks in the United States, Jonas Salk was born in 1914. In **1916** alone, over 27 000 people were paralyzed and 6 000 killed in America.

In **1928**, with ever-higher numbers of cases, iron lungs were introduced to help patients breathe, keeping many alive who would have died only years before. Yet, in many cases, this restricted otherwise healthy people to a life of reliance on these machines.

The discovery that changed the world

In **1908**, Dr Karl Landsteiner discovered that polio is caused by a virus. This marked the start of several decades during which understanding of the disease began to grow, setting the stage for scientists to begin to work on a way to prevent it.

At the New York University School of Medicine in **1938**, Dr Jonas Salk began to work on an influenza vaccine. Here he learned techniques that would later enabled him to develop the inactivated polio vaccine at the virus research program he launched at the University of Pittsburgh in **1947**.

By **1952**, Salk and his colleagues announced that they had developed an injectable vaccine against polio. Following small trials in the Pittsburgh area of the United States, Canada, the US and Finland launched trials on an unprecedented scale, involving 1.8 million children. Finally, in April 1955, Salk's vaccine was declared "safe, effective and potent." By **1957**, cases in America had dropped by almost 90%, and by **1979**, stopped altogether.

With the development of the oral polio vaccine (OPV) by Dr Albert Sabin in **1961**, the world was given the tools to stop outbreaks, and also strengthen and build immunity to ensure that children could grow up without the threat of polio.

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A global focus

Despite the dramatic impact of the vaccine in America, polio continued to affect some 350,000 people in 125 countries around the world. In **1988**, driven by Rotary International who had become crucial advocates in the fight against polio, the World Health Organization, UNICEF, and the U.S. Centers for Disease Control and Prevention joined Rotary to launch the Global Polio Eradication Initiative (GPEI).

Since then, the GPEI has supported governments to end transmission of polio globally. The combination of the oral polio vaccine and IPV led to the eradication of polio in the Americas, in the Western Pacific, and Europe. With the declaration of the WHO's South-East Asia Region as polio-free in **2014**, 80% of the world's populations now live in polio-free regions – a public health milestone that was unimaginable when Salk first began his work on vaccines.

The role of the inactivated polio vaccine today

Now, on **12 April 2015**, as we celebrate the 60th anniversary of the introduction of Salk's IPV we are reminded of more than 10 million people walking today who would otherwise have been paralyzed by polio.

In the past six months, just two countries have reported cases of wild poliovirus: Afghanistan and Pakistan. As a polio-free world comes into sharper focus, Salk's vaccine is once again demonstrating its importance. In 2015, 120 countries are introducing his IPV into their routine immunization systems (some countries, like Nigeria, already have). With the phased removal of OPV crucial in order to completely eradicate all polioviruses, reaching all children with IPV will be essential in securing the gains made against polio for future generations.

WHY asks Janet Rouillard?

Why do supermarkets make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?

Why do people order double cheeseburgers, large fries, and a diet coke?

Why do banks leave vault doors open and then chain the pens to the counters?

Why do we leave cars worth thousands of dollars in our driveways and put our useless junk in the garage?

Why can't women put on mascara with their mouth closed?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is the time of day with the slowest traffic called rush hour?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff??

OUTA SPACE

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BIRTHDAYS

APRIL

16th – David Krug

22nd – Keith Kirton

25th – Emmanuel Ntondo



ANNIVERSARIES

APRIL

27th – Keith & Rae Kirton

30th – Peter & Sandy Brauteseth

DATES TO DIARISE

2015

23rd April – WORLD BOOK DAY – REMEMBER PRESIDENT IRENE'S REQUEST!

24th APRIL – CHARTER CEREMONY of INTERACT CLUB of EKUTHULENI in School Library at 14h00. Please contact either Sambulo Khalala of President Irene Kotze if you need directions to the school.

24th to 26th APRIL – DISCON IN BLOEMFONTEIN

5th MAY - DG VISIT to our E-Club on GTM at 19h00

7-8-9th Oct – Rotary Family Health Days

1st to 7th Nov – World Interact Week

WEEKLY TOPIC - ROSTER FOR MAR to JUNE

20th Apr – Andisha Maharaj

27th Apr – Jeff Watts

4th May – Patrick Kleu

11th May – Gunnar Light

18th May – Rob Lindegger

25th May – Aadila Sabat

1st June – Suresh Setty

8th June – Maxwell Pomeyie

15th June – Peter Mugisha

22nd June – Irene Kotze

29th June – Jean Singh

Please send your TotW to either President Irene or Club Admin director Gerald by at least the THURSDAY preceding the date of the TotW. It always makes it easier if Rotarians send their TotW well ahead of time. Alternatively, if you are unable to fulfil your duty, please advise us well ahead of time so that we are able to find a replacement.

EVENTS AND PROJECTS

GLOBAL GRANT 1418817

Proceeding according to plan

GLOBAL GRANT 1527880

Proposal now ready for submission

THE INTERACT CLUB of EKUTHULENI Charter at 14H00 on FRIDAY 24TH APRIL 2015.

This is a milestone event for our E-Club: the Charter of our first Interact Club. We need your support so please make every effort to attend this event. Maybe we could even consider doing a video of the proceedings. Any ideas from members will be welcomed.

EARLY CHILDHOOD DEVELOPMENT

Our Clubs' involvement at Educare Centres is proving to be more relevant.

PROJECT DIGNITY

This project will continue to have a major impact on the lives of many young girls.

SCIENCE RESOURCES to the value of R100k have been secured for Ekuthuleni Primary School by Nareshini Ranganthan.

GoToMeeting – 19h00 to 20h00

21st April

5th May – DG VISIT to our E-Club

19th May

2nd & 23rd June

DURING THE WEEK PRECEDING THE GTM, the log on code will be sent BY EMAIL to each member.

ADVERTISING

IN ROTARY AFRICA MAGAZINE

Have you ever considered advertising your products or services in the Rotary Africa Magazine? Or do you know of a business that may wish to do so?

You can obtain the 2014 Advertising rates on the Rotary Africa website @ www.rotaryafrica.com

PRESIDENT IRENE'S PAGE



Dear Fellow Rotarians

With April being MAGAZINE month I have taken myself off to the local library and looked under the section "Famous People" for articles that can inspire. Result: Human civilization has seen numerous people who have changed the course of history and influenced their sphere of living by their charisma, intelligence and talent. Be it geographical expansion, art and entertainment, science and technology, literature, politics, statesmanship or sport, these individuals have created history by their work.

Great explorers like Vasco Da Gama and Columbus discovered new lands while Alexander the Great almost conquered the whole world. Similarly, geniuses like Aristotle, Leonardo Da Vinci and Albert Einstein expanded the horizon of knowledge by bringing to light new thoughts and inventions. The biographies of these people feature the achievements and works that have influenced the course of history.

Can we as Rotarians compare ourselves with them?

Yes, Rotary presents a shining example of what we can do individually and collectively when we use our individual and collective gifts, talents and resources together to respond to the needs of those less fortunate. Rotary teaches us to respond to the challenges facing the communities around us.

Rotarians, like you and I, are "small little people" doing small or sometimes, not so small, little things in so many small little corners around us. What am I getting at? Each of our members has a story to tell, but our members never hear about them.

I know the old Rotary motto was "do good and don't talk about it" but this has changed; we need to show what we as Rotarians are doing and for want of a better word "advertise" our little successes. If you have a look at the February Edition of ROTARY AFRICA our RI President has this to say: "And how many more people could we bring into Rotary simply by sharing your Rotary stories"? He continues "I ask all of you to do just that". Following his lead, as your President, I am asking you SHARE in an e-mail or in our website [you could do that as a comment in your ABOUT ME page] and we will make sure that your story is heard. It might inspire others to maybe join us or just help to Light up our Service (as per RI President Gary Huang)

And in the words of our Editor.....

LET'S HAVE FUN!

Irene

SOME WORDS THAT ARE AT TIMES INCORRECTLY USED

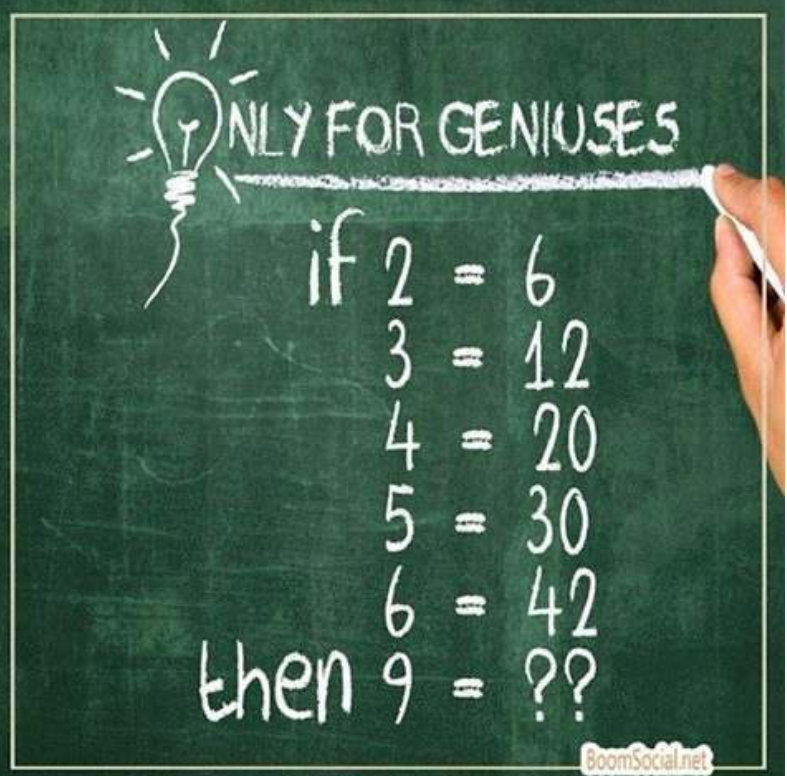
Advise and advice; Stationary and stationery; Everyday and every day; If and whether; Number and amount

VEGETABLE GROWING UNIT



This 88 plant Vegetable Growing Unit is seeking a new home. If anyone of you know where it can be put to good use, please contact either Pat Draper or President Irene Kotze who will be able to assist you.

And then just for good measure solve this easy little whatever it is called..... probably 'kids stuff' or something similar!



Rotarian Economist

Analysis and Commentary for Service Above Self

Rotary Foundation Basics, Part 3:

What's Great, What Could Be Improved?

February 21, 2015

by Quentin Wodon

This last post in a series of three on The Rotary Foundation (TRF) looks at what is great about the foundation, and what could probably be improved. TRF support for Rotary projects is first discussed, based on my own perceptions and those of a few fellow Rotarians to whom I talked before writing this post. Ratings received by the foundation as a charity are then briefly reviewed.

TRF Support for Rotary Projects

On the plus side, TRF support for polio has been instrumental in the near eradication of the disease, as mentioned in the previous post in this series. The focus on polio has also helped Rotary in getting a seat at the table with major partners such as the World Health Organization and the Bill and Melinda Gates Foundation. Even more importantly for Rotarians involved in service projects, the matching system whereby TRF co-funds grants is well appreciated. Both district and global grants benefit from TRF support, but I will focus in this post on global grants.

TRF provides up to \$200,000 in matching funds for global grants, with the minimum match being \$15,000. This is for projects that reach a minimum size of \$30,000 in overall cost/funding. The system for global grants has been fundamentally revised in recent years in order to have fewer but larger grants, which should help in ensuring that projects have a bigger impact on the ground and are well managed. Six areas of focus have been selected for the grants, which is also positive to narrow down a bit the scope of what is funded (even if this scope remains fairly broad). The rules of the game for putting together global grants are clear, which also helps.

In terms of potential areas for improvement, the Grants Online System may not be as friendly as it could be, given today's technology. Several Rotarians mentioned to me that there may also be at times issues with the grant review process. Hopefully reviewers are as objective and qualified as they should be, but this is something that could be assessed. In addition, despite efforts to help Rotarians put together great global grants, more could be done in terms of e-learning resources and other tools to help the membership develop impactful projects beyond the management and processing aspects of grants.

Many global grants are complex and require substantial expertise. It is not always clear that project teams have enough expertise. The system relies largely on volunteer hours to prepare and implement grants. This helps not only for cost savings but also for getting Rotarians' hands dirty. Personal experiences gained through hands-on work are invaluable, especially when working directly with project beneficiaries. But it may be useful in some cases to rely more on external paid expertise, especially for large grants. In principle Rotarians can get help from Rotarian Action Groups (RAGs) for the design and implementation of projects. These are great resources, but it is not fully clear how active and effective some of the RAGs are.

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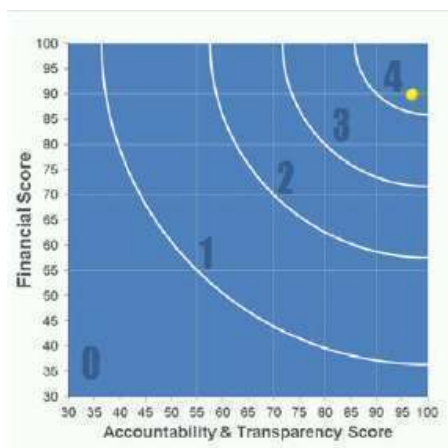
One area of concern is the ability of TRF to respond to crises, with the most recent case being Ebola in West Africa. There are two issues here. One issue is fundraising. TRF does not seem to have a good system to provide incentives (read matching funds) for individual Rotarians to donate in times of crisis. Many Rotarians donate when a major crisis hits, but they often do so through other organizations because TRF does not have a good system to attract these donations. If TRF could set aside funds to match individual donations by Rotarians for major crises, this could help the foundation raise more funds. It would also help TRF gain in visibility as a humanitarian organization. The other issue is about the allocation of the funds that could be raised. Part of the funds could be allocated to Rotary clubs in affected countries for their projects to respond to crises with some type of fast track approval. Part of the funds could also be transferred to well-established national and international NGOs active on the ground in responding to crises. Overall, setting up a stronger crisis response mechanism within TRF could strengthen the Rotary brand while providing much needed rapid support to vulnerable groups in countries affected by major crises.

Finally, more expertise and commitment from TRF is needed for proper monitoring and evaluation of global grants, and for disseminating the results of such evaluations. My perception is that few projects are evaluated in-depth with baseline and endline data collection to assess impact. Impact evaluation can be expensive, so not all projects should be evaluated in that way. But more should be done in this area, including in partnership with some of the NGOs implementing TRF projects. If TRF could fund more innovative projects that would be evaluated seriously, it could have a larger impact because other organizations with more resources could then bring successful TRF pilots to scale.

Ratings for TRF as a Charity

The comments above point to some great features of TRF, but also some potential areas for improvement. One should not forget however that overall TRF is very well rated as a charity. Given that many of the followers of this blog are new, let me repeat here what I mentioned on TRF ratings a few months ago on this blog as well as in another post for Rotary Voices.

In the US, [Charity Navigator](#) provides ratings for charities. Three ratings are available for financial performance, accountability and transparency, and a combination of both. Charities can get one to four stars overall. TRF has the highest possible rating (four stars). The yellow dot in the Figure below shows exactly how the foundation is rated – it has a rating of 89.8 out of a maximum of 100 for financial performance, and 97.0 on accountability and transparency, which yields a four stars rating overall.



For financial performance, Charity Navigator considers seven main indicators: the share of the charity's budget spent on programs and services, the share spent on administrative expenses, the share spent on fundraising expenses, the fundraising efficiency ratio, the primary revenue growth, the program expenses growth, and the working capital ratio. Details are available on the Charity Navigator website. For accountability and transparency, a total of 17 indicators are used. TRF could have scored even higher except for the fact that its donor privacy policy requires donors to opt out for their basic information not to be (potentially) shared with other

charities. **CONT ON PAGE 9**

Conclusion

Overall, TRF helps fund great projects on the ground, and it is also well rated as a charity. The reform of the global grants model of the last few years to define areas of focus and implement fewer but larger grants was smart. But as for any other organization, there are also areas where TRF could probably do better, especially in terms of the friendliness of the Grants Online System, the need to ensure that project teams have the expertise they need, the ability to respond to humanitarian crises, and the need to better evaluate the impact of projects that appear especially innovative.

What do you think?



The Rotarian Economist - Quentin Wodon

GoToMeeting

If you haven't already familiarised yourselves with the new GoToMeeting control panel, may I suggest that you spend five minutes viewing this explanatory video...

http://support.citrixonline.com/en_US/Meeting/video/G2MV00105?_ga=1.258004042.137343487.1410945658

This is important for our regular GTM attendees so that you too can familiarise yourselves with the new format prior to our next meeting. This will also be a very good idea for those members who do not attend GTM's.

We will be privileged to have our District Governor, Andrew Jaeger and Assistant Governor, Laurence Rae at our GoToMeeting on Tuesday 5th May. Please make every effort to attend this GTM – the DG's visit to a Club is one of the highlights in a Club calendar. During the meeting the DG will comment on our Finances; Projects and Membership amongst other things and will no doubt need some answers.

He will also have the opportunity to tell us about Rotary beyond the Club level – and hopefully reflect on his year in office.

FASCINATING FACTS – thought you may like to know these things

1. Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!
2. Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.
3. Your tongue is the only muscle in your body that is attached at only one end.
4. If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.
5. Zero is the only number that cannot be represented by Roman numerals.
6. Kites were used in the American Civil War to deliver letters and newspapers.
7. The song, Auld Lang Syne, is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the New Year.
8. Drinking water after eating reduces the acid in your mouth by 61 percent.
9. Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450 F.
10. The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.
11. Nine out of every 10 living things live in the ocean.
12. The banana cannot reproduce itself. It can be propagated only by the hand of man.
13. Airports at higher altitudes require a longer airstrip due to lower air density.
14. The University of Alaska spans four time zones.
15. The tooth is the only part of the human body that cannot heal itself.
16. In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.
17. Warner Communications paid \$28 million for the copyright to the song Happy Birthday.
18. Intelligent people have more zinc and copper in their hair.
19. A comet's tail always points away from the sun.
20. The Swine Flu vaccine in 1976 caused more death and illness than the disease it was intended to prevent.
21. Caffeine increases the power of aspirin and other painkillers that is why it is found in some medicines.
22. The military salute is a motion that evolved from medieval times, when knights in armour raised their visors to reveal their identity.
23. If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day. **Please check this one and let us know ED**
24. When a person dies, hearing is the last sense to go. The first sense lost is sight.
25. In ancient times strangers shook hands to show that they were unarmed.
26. Strawberries are the only fruits whose seeds grow on the outside.
27. Avocados have the highest calories of any fruit at 167 calories per hundred grams.
28. The moon moves about two inches away from the Earth each year.
29. The Earth gets 100 tons heavier every day due to falling space dust.
30. Due to earth's gravity it is impossible for mountains to be higher than 15,000 meters.
31. Mickey Mouse is known as "Topolino" in Italy.
32. Soldiers do not march in step when going across bridges because they could set up a vibration which could be sufficient to knock the bridge down.
33. Everything weighs one percent less at the equator.
34. For every extra kilogram carried on a space flight, 530 kg of excess fuel are needed at lift-off.
35. The letter J does not appear anywhere on the periodic table of the elements.

The Rotarian - APRIL 2015 1

Slow Fade Alzheimer's affects more than five million people in the United States. Now there is new hope to stop this withering disease.

Sunbeams through the bars of a crib. Rolling cookie dough with Grandmother. A flash of lightning, the smell of ozone. Waves lapping the shore. That library smell. Snow blowing sideways. Glasses of wine, peals of laughter. Onions caramelizing. Baseball games with Dad. Airplane wing over clouds. "I now pronounce you ..."
Ornaments on the tree. Hospital corridor. Planting flowers.

Who are you? How do you define yourself? Is it the places you've been, the things you've accomplished, the way you look? Is it your relationships, your creativity, your faith? And what if it were all taken away?

"Your sense of self requires memory," says Rudolph E. Tanzi, a professor of neurology at Harvard Medical School and co-author of the 2012 book *Super Brain*, with Deepak Chopra. "And when you have Alzheimer's disease, you lose your sense of self."

About 5.4 million people in the United States have Alzheimer's, and that number will grow to more than 7 million by 2025. Worldwide, the projection is 100 million by 2040. The longer you live, the more likely you are to get it. And while mortality rates for Alzheimer's are rising, funding for research is down. The disease is devastating for families and loved ones. It has the potential to bankrupt our health care system. And there's no cure – at least, not yet.

"It's a tsunami," says Jeffrey L. Morby, founder and chair of the nonprofit Cure Alzheimer's Fund (CAF, www.curealz.org) and a member of the Rotary Club of Martha's Vineyard. "We know it's out there, we can project it, and shame on us if we get hit with it, when we could have done something to prevent it."

Through the efforts of CAF, and now Rotarians around the globe, there is potential for world-changing breakthroughs in Alzheimer's prevention and treatment.

About 10 years ago, Morby was a recent retiree from Mellon Bank in Pittsburgh, after a successful career as vice chairman of that organization. "My wife, Jacqui, and I were looking for something we could do to help mankind," he says. "We were blown away by the problems of Alzheimer's." Though Jacqui's mother had developed dementia, there was more behind their motivation: They saw a need and wanted to approach it with a laser focus, "like you do in the venture capital world," explains Jacqueline C. Morby, a senior adviser at TA Associates, a private equity firm.

They studied their market, the facts about Alzheimer's disease, and found that research was stifled not only by limited funding but also by a lack of "big and bold thinking." They set up a foundation with a mission to dramatically accelerate research, make courageous bets, and focus exclusively on finding a cure. And they pledged that 100 percent of funds raised by CAF would go directly to research; the founders would cover all overhead expenses.

The Morbys recruited Henry F. McCance, board chair and president of Greylock Management Corp., and Phyllis E. Rappaport, director of New Boston Fund Inc. and chair of a family charitable foundation, to join the cause. Next up: to create a research consortium. "As a venture capitalist, you're always looking for the top people," Jacqui says. "I heard, 'If you want the person who knows more than anybody else in the world about brains, get in touch with Rudy Tanzi.'" Tanzi, vice chair of neurology at Massachusetts General Hospital in addition to professor of neurology at Harvard, has been a pioneer in finding genetic causes of neurological disease.

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He was in his early 20s in 1983 when he co-discovered the gene responsible for Huntington's disease, which causes degeneration of nerve cells in the brain. As part of his doctoral thesis at Harvard, he decided to build a map of a chromosome. (This was before the Human Genome Project, which began around 1990.) He picked chromosome 21 "because it's the smallest one, and I just wanted to get it done," he laughs. He became the world's go-to expert on chromosome 21 – which turned out to be a fortuitous choice. When he learned that people with Down syndrome are at high risk for Alzheimer's disease, Tanzi speculated that there might be an Alzheimer's gene on chromosome 21. (The most common form of Down syndrome is caused by an extra copy of that chromosome.) He discovered the first gene known to be associated with early-onset Alzheimer's in 1987, then discovered two more. "And I never went back; I have just kept going with Alzheimer's ever since," he says. In the early days, Tanzi had no personal reason to focus on Alzheimer's, but that changed. As he wrote in *Super Brain*, "I went into Alzheimer's research to solve a difficult physiological puzzle, but just as important was the stirring of compassion I felt, especially after I watched my own grandmother succumb to this terrible disease."

The Morbys met with Tanzi in 2004, as he was gearing up to find the genes responsible for the more common late-onset form of Alzheimer's in people over 60. "While Jacqui and I may not understand everything about Tanzi's genetic discoveries, we do know how important they are," Morby says. Tanzi put together a dream team of world-class researchers to carry out CAF's strategy. In no time, they were identifying new Alzheimer's genes, and based on what they were learning from the disease-associated mutations in those genes, working on possible drug therapies.

These accomplishments were moving CAF closer to its goal. But the founders wanted to speed up funding and research. In 2010, by a chance meeting, Rotary entered the story. Jeff and Jacqui Morby were having dinner at the Vineyard Golf Club on Martha's Vineyard. Somehow a drink spilled, and a man sitting at the next table jumped up to help, picking up ice cubes. It was Dick Pratt, a longtime member of the Rotary Club of Martha's Vineyard. "We started talking, just being friendly," Morby says. "Pratt asked me what I was doing, and I told him about being chairman of the Cure Alzheimer's Fund, and how I was dedicating my time to try to find a cure." They talked for hours, and Pratt invited Morby to speak at a club meeting.

His talk was a hit. "Most Rotarians have somebody in their family or a friend who's had Alzheimer's," Morby says. "And people are terrified that they're going to get it." The presentation started a chain reaction: Morby spread his message from one club to another, then to District 7950 (parts of Rhode Island and Massachusetts), and at the Rotary institute for his zone. Clubs began fundraising for a cure. The Martha's Vineyard club enlisted comedian Tim Conway to headline an event, and that led to an invitation for Morby to hold a breakout session at the 2012 Rotary International Convention in Bangkok, Thailand. The next year, Tanzi joined him at the Lisbon convention. "We were overwhelmed with support from Rotary," Morby says. "We had to turn people away because the room wasn't big enough."

Michael Curren, a member of the Rotary Club of Reading, Mass., who joined CAF as senior vice president in 2011, recalls: "People told us that Alzheimer's was affecting their village or community and wanted advice on what to do. In Bangkok, a woman from South America said they were struggling with patient education, and another person, from Ohio, said, 'We are too, and we're doing something about it.'"

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When we went to Lisbon the next year, they both got up and said, 'In the year since we met at your presentation, we flew to each other's towns and gave talks on what we're doing.' As far as the connections Rotary makes, it doesn't get any better than that."

In 2013, with urging from Morby, Curren, and other Rotary members, the RI Board recognized **The Alzheimer's/Dementia Rotarian Action Group** (www.adrag.org; Curren is vice chair, and Dave Clifton is chair). That year, Morby became a Rotarian.

There was a lot to celebrate in October 2014, when the Cure Alzheimer's Fund marked its 10th anniversary with a symposium at the Harvard Club of Boston. Morby spoke about how, since 2004, the once-limited knowledge of Alzheimer's "has exploded into a nearly complete understanding of the basic causes and the pathways to a cure." In 2005, CAF launched the Alzheimer's Genome Project to look for genes that increase people's risk of the disease, and for genes that may help protect them from it. Tanzi and his team have since identified more than 100 Alzheimer's genes and over 250 genetic mutations that could make someone more – or less – likely to get the disease. They also have gained a more thorough understanding of its course. Alzheimer's symptoms take 20 to 30 years to develop, Tanzi says, and there are three distinct phases: amyloid, tangles, and inflammation. The key is to figure out how to prevent, or treat, each one at different stages of life and disease. Tanzi calls this "matching the right treatment to the right patient at the right time."

A groundbreaking study, published in the journal *Nature* in October, has set the stage for this three-phase approach to a cure. Using human stem cells, Tanzi and his team figured out how to grow brain cells in a special gel in the laboratory. They added the mutations from the first Alzheimer's genes Tanzi had discovered, which cause the disease by encouraging the accumulation of a protein called beta-amyloid in the brain. Sure enough, amyloid formed in the dish, clumping into amyloid plaques, which signal the early stages of the disease. Tanzi calls amyloid the "match that lights the fire of Alzheimer's." The "fire" consists of twisted strands of another protein, called tangles, which choke and kill nerve cells from the inside. The landmark experiments showed for the first time that amyloid causes the tangles to form, answering the biggest question in the field in the last 30 years.

The researchers also determined that the amyloid plaques cause the activation of an enzyme called GSK needed to make tangles. That gives them hope of creating a drug that can turn off the enzyme and stop the growth of tangles, and thus the progression of the disease.

But if you could slow or stop the amyloid production in the brain in the first place, Tanzi says, you could prevent the disease. A promising medication, already in early development, could be used in a way similar to statin drugs, which lower cholesterol and prevent heart disease. "By uncovering all the genes that influence the risk for Alzheimer's, someday we'll be able to reliably predict people's risk for the disease as early as their 30s," Tanzi says. "Those at high risk could take a safe medication that could stop further progression of the disease."

In late-stage Alzheimer's, cell death from the tangles creates inflammation in the brain. That, in turn, kills many more nerve cells, and the disease rapidly escalates. So the third goal will be to develop medication that could fight this inflammation to slow down or even stop the disease.

While Morby says CAF has distributed over \$28 million for research since it was established 10 years ago (the founders have contributed an additional \$17 million, much of it going toward administration and overhead), it's not enough for these ambitious new goals. "We have the best researchers in the world working on this, and we have a lot of information," he says. "We're at the point where we just need to drive this over the finish line." He hopes more Rotarians will join the cause and help push forward the research that could lead to one of the world's most important medical breakthroughs. "We're in it until we find a cure," Morby says. — *Julie Bain*

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Thanks to all of you who responded to my email sent on **FIRST** of **APRIL** with a special word of thanks to all of you [and there were quite a few] who made my day when you took the bait, hook, line and sinker.

Editor

April Fools' Day, sometimes called All Fools' Day, is one of the most light-hearted days of the year. Its origins are uncertain.

And now we are once again OUTA SPACE except just maybe that parking SPACE is still puzzling