



Rotary
Club of Newlands



HOWZAT!



WEEKLY CLUB BULLETIN

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PRESIDENT : JENNY IBBOTSON

COMMENT: LONG-COVID or POST COVID-19 SYNDROME (Tony Davidson)

The following is based on an article from The Economist on 29 April 2021. I excised some parts and added other information I thought was relevant. Tony

In the 1890s one of the biggest pandemics in history, known at the time as "Russian flu", swept the world. It left 1m people dead. Russian flu is now thought to have been misnamed. It was probably not influenza, but rather a novel coronavirus. Few people had immunity to it, so it was often lethal. And not only that. For, as the pandemic receded, it left in its wake a wave of nervous disorders.

A similar wave followed the next big pandemic, the "Spanish flu of 1918 (which, though nothing much to do with Spain, was influenza). One common symptom was lethargy so bad that in Tanganyika (modern-day Tanzania) it helped cause a famine because so many people were too debilitated to pick the harvest.

Something similar is happening now, with the covid-19 pandemic. A wave of what has become known as "long-covid" is emerging in countries where acute cases have been falling. Formally, the condition is called "post-covid syndrome" (PCS). But even the official definition of its symptoms is fluid, because knowledge of its details is still evolving. Britain's National Institute for Health and Care Excellence, for example, defines PCS as "signs and symptoms that develop during or after an infection consistent with covid-19, continue for more than 12 weeks and are not explained by an alternative diagnosis". It does not, though, specify a list of such symptoms. There are, indeed, many of them. A survey of almost 3,800 people around the world reported 205. A sufferer typically has several at a time, with the most debilitating usually being one of three: severe breathlessness, fatigue or "brain fog".

Britain's Office for National Statistics estimates that 14% of people who have tested positive for covid-19 have symptoms which subsequently linger for more than three months. In more than 90% of those cases the original symptoms were not severe enough to warrant admission to hospital. So, there is no relationship between the severity of the acute illness and the ongoing symptoms.

Numerous studies from different parts of the world show long term symptoms range from between 10 and 20%. If one considers that almost 150 000 000 people have recovered from acute Covid and apply a conservative 10% getting symptoms lasting more than four months, Long-Covid will impact 15 million people!

Who should be diagnosed with PCS is still being worked-out. Many of those with long-covid symptoms have tested positive neither for SARS-CoV-2 nor for antibodies against it—perhaps because tests were not available when they were too ill, or those tests were not sensitive enough to pick up the relevant antibodies before they disappeared. Studies comparing symptomatic individuals with and without a positive viral or antibody test generally find the same patterns of symptoms in both. Many doctors are minimising concerns in patients who did not have a positive result.

A study by King's College London found the median age of those with self-reported long-covid to be 45. Women were only slightly more likely than men to develop the condition although it is unclear whether the types of symptoms experienced by women may be more debilitating.

Broadly speaking, there are three types of long-covid patients. The first are characterised by "exercise intolerance", meaning they feel out of breath and exhausted from even small tasks involving physical activity. Fitting in with this group is profound fatigue as well. The second are characterised by cognitive complaints in the form of brain fog and memory problems. The third are characterised by problems with the autonomic nervous system, a set of nerves that control things like heartbeat, breathing and digestion. Patients in this group suffer from symptoms such as heart palpitations and dizziness.

Based on these patterns of symptoms, and various laboratory tests of long-covid patients, doctors are focusing on three possible biological explanations. One is that long-covid is a persistent viral infection. A second is that it is an autoimmune disorder. The third is that it is a consequence of tissue damage caused by inflammation during the initial, acute infection.

One theory is that the inflammation which happens when people are ill somehow damages parts of their autonomic nervous systems. Another suggestion is that in some patients SARS-CoV-2 may damage the cells that line blood vessels, either by infecting them directly or via inflammation. This would change the way blood flows to the brain and may thus explain the brain fog.

Treatment regimes are difficult to institute as the underlying cause of the symptoms is not clear. Some successes which are not consistent include, getting the Covid vaccine, cortisone and antihistamines to reduce inflammation.

At the moment, the only treatment is rehabilitation. To design protocols for long-covid, are based on protocols with similar symptoms, such as chronic fatigue syndrome (also known as ME), and Lyme disease. With symptoms like persistent dizziness, certain postural exercises are known to be helpful. Occupational therapists understand fatigue and can often help patients to learn how to pace themselves. Those with extreme fatigue are taught how to watch for "energy windows", in which to do the most important tasks of the day. At the same time, patients are coached to expend energy before they exhaust themselves. There is reasonably rapid energy recovery before one goes over the "energy cliff." If people push through until they cannot continue to work or exercise the exhaustion is significant and recovery can take more than 24 hours.

Brain fog is in the purview of neuropsychologists. Patients who undertake certain exercises do recover faster than those who do not. But the recovery is still slow.

Being a new phenomenon, no one knows how long PCS will last. The vast majority of people who had post-viral syndromes after SARS and MERS had recovered by 12 months. It is too early to tell if post-covid syndrome will have the same outcome.

MINUTES of the MEETING on ZOOM 23rd May 2021 18h30

Scribe: Johan Beukman

Who was in the dark due to an electricity failure from +/-18h15 to 24h00 in a part of Newlands and who's minutes are therefore very brief.

Sergeant Graham Finlayson opened the meeting and requested President Jenny to welcome those present. The welcome was followed by Mike Walwyn lighting the peace candle and reading two peace quotes. Richard House read the Object of Rotary and Mike Walwyn passed the Just Desserts Spoon to Lew Botha for all his excellent contribution to Rotary at club and district levels.

Janey Ball did an amazing presentation on how she placed advertisements on face book to attract people on the west coast of Cape Town for Rotary membership. These advertisements were sponsored by Rotary International. Janey had a fantastic response to the advertisement which certainly got her involved in very time-consuming communications and follow up work to do. Well done Janey.

Mike Walwyn informed the meeting of the wonderful developments regarding Rotary in Africa and using the broader power of Rotary ARCOM TRAINING to train people as peace negotiators.

Geraldine Nicol explained that there are sixteen Rotary regions in Africa where mediations are required. The result will be that Africa will have African mediators.

Newlands Rotary has nominated our own Lungie to be trained as a mediator.

SPOTS:

- Richard Burnett mentioned that he has sent letters to wine producers to explain what is happening to the intended wine auction. A number of cases of wine has already been received.
- President Jenny reported on behalf of John Winship who is presently north of Sodwana Bay, then on his way to Montenegro via the UK and back later in August):
 - MASIPHUMELELE LIBRARY ADULT LEARNING – new top floor nearly complete. Opening planned for September.
 - NOLUTHANDO SHELTERED EMPLOYMENT WORKSHOP – building refurbishment is advanced. Additional funding of R550000 was obtained from CCPB to fund the replacement for the roofing and purlins. This over and above the R2million from Ackerman Educational Trust. Legal structures are being progressed and further progress is being made on the future management structures and employment offerings.
 - AGAPE AUTISM CENTRE – Existing funding of R1million has enabled us to initiate the project. Plans have been submitted. A family trust has been approached for R1.7 million – decision expected soon.
 - RIEBEECK KASTEEL ECD – Working with Vuyo Foundation this project is estimated to be R3million. CCPB are to provide R1.75 m – R2 million in 2022. Further funding initiatives are being progressed.
 - TRELLIDOR - in to provide security closures to relevant doors and windows at both Noluthando and Masi Library.
 - Given Graham's departure to the UK we will be using an enthusiastic architecture team of Max Melvill and Ashleigh Killa.
 - Graham advised that he and Lynne have a big adventure ahead. They are planning to move to the UK to join Lynne's brother who has retired to Devon in the UK. They are booked to fly at the end of June but Graham hopes to remain a member of Newlands for a time hereafter.

PRESIDENT'S SLOT:

- President Jenny announced that Chris Beech's welcome to his club Norwich Blackfriars will take place at 09h00 on 15th June 2021. Anyone attending this meeting, to please advise Jenny.
- The District Food Gardens webinar will now take place on 12th June at 15h00.
- Birthday greetings for Claire Lowden on 27th May and Geoff Sessions on 28th May.

Some Happy Rands were donated and Sergeant Graham closed the meeting.

FORTHCOMING EVENTS

1 June, 10h45	Kirstenbosch Walk (Email Glynis for details or see Howzat! 16 th May.)
15 June, 08h00 BST	Chris Beech's welcome to Norwich Blackfriars Rotary Club
7 & 8 September	Agulhas National Park (Email Glynis for details or see Howzat! 16 th May.)

NEWS from NEULANDS



On Tuesday, we celebrated Africa Day at Rainbow ECD in Masiphumelele with the educators, board members and supporters who continue to make it such a vibrant learning environment. For the newer members in the Club, Graham reports on the project:

"Our Club was instrumental in implementing the new buildings for the Rainbow ECD on the site provided by the

City in 2014. It accommodates 120 learners with ten staff in a durable building which looks nearly as good today as when it was handed over.

Funding was obtained from *Medicor Foundation Lichtenstein*, *Coca Cola International* and *Coca Cola Peninsula Beverages* to build a facility with four classrooms, a kitchen for feeding, ablutions, admin and a caretaker's flat, with environmental-friendly service features such as solar hot water and rainwater harvesting. RCN also supported their feeding scheme during the Covid Pandemic Lockdowns serving the local community."



In another recent event, CSI champion and Newlands artist-in-residence, John Winship, handed over a water-colour portrait to Mampho Joyce Mokapane at Masakhane Educare Trust, a memento of the original joyous opening in 2010 when Grace was resplendent in traditional dress. Writing about the project, Graham recalls:

"Our Club aided the conversion of shipping containers into classrooms, admin, ablutions and a kitchen, over three phases starting in 2010 on a property belonging to the Masakhane Educare Trust, where the main motivator and principle is Joyce. Joyce was awarded a Distinguished Service Award by the Club some years back. The funding over the phases has come from *Coca Cola Peninsula Beverages* and the *Nedbank Trust*."

The learners were originally cared for in dilapidated corrugated iron shacks, where there were about 80 learners. With the new facilities and Joyce's passion, the number of learners has grown to 240 learners. She now has a dream to develop the ECD with a new Primary School on the adjoining vacant Municipal property.

Then on Wednesday, the awesome Jeremy Opperman joined assistive technology expert, Dr Maria de Mello (United Arab Emirates) and Disability Rights Activist, Mark Wafer (Canada), in an online discussion with Beth Keck on *Building a Welcoming Community for People with Disabilities*. If you missed the session, you can watch it [here](#).

Taking a leaf from the DEI book, RCN Zoom meetings will now use *Closed Captions*. If you prefer to switch these off, click on the *Closed Caption* switch on the Zoom menu bar. It should look something like that below.



And rounding off the week, our partnership with RC Hermanus along with freight forwarding boffin, Mike Walwyn's, excellent work resulted in our being able to distribute PPE to various organisations. Three thank you notes are attached from:

- 1 Emmanuel Care Centre in Atlantis, facilitated by Graham Finlayson,
- 2 Noluthando School for the Deaf in Khayelitsha, also through Graham and
- 3 Nazareth House in Vredehoek, which Lisa Lombard facilitated.

Lastly, Chev's Kitchen tagged us in their Facebook post, writing:

*Thank you, Rotary Club of Newlands for your donation of PPE to Chev's kitchen.
Thank you, Jeannine Ibbotson for coordinating this donation!!!
You are a true inspiration to so many and we love you 🧰❤️
Thank you to each and every one for making our community safer.*

NEWS from OUR ROTARY WORLD

A brief snippet about a big success:

The West Coast Membership Task Time rounded-off Youth Month with the charter in Vredenburg last week of Louwville High Interact.

Whilst 'in the hood', the team met the leadership of Saldanha Rotaract to get the Club's charter documents signed.

With the forthcoming charter of the Langebaan Rotary Club, the West Coast Team will round-off this Rotary year, Covid notwithstanding, on a very high note.

RCN FUTURE FIXTURES *(Online, for now)*

MAY – YOUTH

- 31 Ordinary Meeting: *Jan Arkert from [Saving Okavango's Unique life \(SOUL\)](#): "Oil and Gas exploration in Namibia and Botswana and possible fracking."*

JUNE – ROTARY FELLOWSHIPS

- 7 Partners Meeting: *Dr Tony Davidson, Long-Covid*
 14 Committee Meetings
 21 Ordinary Meeting: *Kim Whittaker, Co-founder of Once Travel, Khwela Woman & [Ubuntu Beds](#)*
 28 President Geraldine Nicol's *Induction Dinner*

JULY

- 5 Partners Meeting: *Joan Byamugisha*
 12 Committee Meetings
 19 Ordinary Meeting: *Kim Whittaker, Co-founder of Once Travel, Khwela Woman & [Ubuntu Beds](#)*
 21 Board Meeting TBC
 26 Business Meeting

AUGUST: MEMBERSHIP and EXTENSION

- 2 Partners meeting: *Leigh Meinart, "Talking About Death is Good for Life: A discussion with a Hospice Advocate"*
 9 PUBLIC HOLIDAY
 16 Ordinary Meeting
 18 Board Meeting TBC
 23 Business Meeting
 30 Ordinary Meeting



BIRTHDAYS	3 June	Andrew Hunter
ANNIVERSARIES	5 June	Ian and Paula Pursch
JOINED ROTARY	22 June 1998	Corinne Hudson
JUST DESSERTS SPOON		Lew Botha

UMPIRES and SCORERS

	31 May 2021 <i>Ordinary</i>	7 June 2021 <i>Partners</i>	14 June 2021 <i>Committee Meetings</i>
Sergeant	Jeremy Opperman	Henry Campbell	Glynis Menné-Hart
Four-Way Test / Object	Lew Botha	Johan Taljaard	Terry Lancaster
Grace and Loyal Toast	Graham Finlayson	Geraldine Nicol	Bill Holland
Peace Candle and Quote	Janey Ball	Chris Beech	Jamie Hart
Minutes	Heidi Andersson	Vanessa Rousseau	John Stephenson
Intro speaker	Richard Burnett	Michelle Roos	
Thank speaker	Shân Biesman-Simons	Lisa Lombard	
Comment	Wendy Goddard	Anthony Galloway	Jeremy Opperman

- *If you cannot make this duty, please arrange a substitute and let the Sergeant know.*
- *Peace Candle duty includes lighting a candle and providing a quote.*
- *Comment is due on the date above. Publication is the Monday following. Usually. Please submit a text file and, if you have pics, please attach these.*

CLUB OFFICE BEARERS



President
Jenny Ibbotson



Past President
Terry Lancaster



President Elect / ECD
Geraldine Nicol



Secretary
Janey Ball



Treasurer
Peter Ennis



Club Services
Heidi Andersson



Community Services
Wybe Meinesz



CSI
Graham Finlayson



Entrepreneurship
John Stephenson



Environmental Sustainability
Tony Davidson



Foundation
Mike Walwyn



International Service
Shân Biesman-Simons



Membership
Jeannine Ibbotson



Public Image
Shelley Finch



Public Image
Vanessa Rousseau



Vocational Service
Jeremy Opperman



Youth Service
Wendy Goddard

AND the LAST WORD

What a busy week that was that went. It was like a Nike 'swoosh', but different.

And what an exciting one ahead for the Opperman family when Jackie arrives back from New Zealand, on Wednesday.

We're much looking forward to welcoming you, Jackie, although perhaps not quite as much as Jeremy, Ben and Ronnie and, from far further afield, Saskia.

See (most of) you on the moro.....

A handwritten signature in blue ink that reads "Janey". The signature is written in a cursive style with a long, sweeping underline that extends to the right.