

May  
2018

# NEWSLETTER

## Europe Day 2018



# Rotary Caluvia

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# Jazz Night Photos



# From Our **President**

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**Dear members and friends of our RC Calvià International,**

My Rotary year as President is coming to an end very shortly and this is why I would like to speak about this year's Presidential theme:

## **Making a difference!**

When presenting this theme Ian (President of Rotary International) explained saying: "We know that the work we do will change people's lives — in ways large and small — for the better."

He made a very good point there as he reminded us all of what Rotary is about: As Rotarians we want to change the world, and with every active member involved, we have the chance to make it just a little bit better. Being a Rotarian is an honour because it means to have the opportunity to make the world a better place, and we all should be very thankful to have that opportunity. Making a difference is up to all of us, and we should not rest until we reached our goal. We should never forget that this is what us all connects and which makes us a family, because we have the same wishes, interests and aims.

Rotary is about a lot of things: Family, friendship, connections, exchange ideas, passion, integrity, ethics – and making a difference.

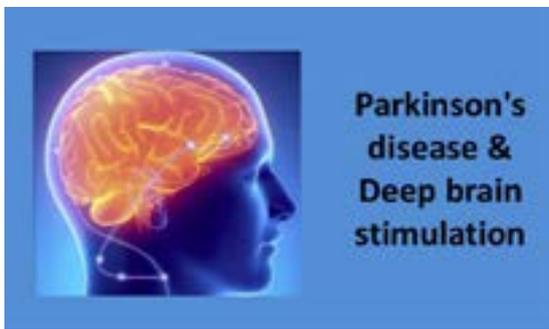
We all want to make that difference, and this is why we are a member of our club.

Next year the theme will be:

Be the Inspiration! --- Will you? I am sure you will!

**Best wishes,  
Saskia**





## Ralf & Ulla Jansen

*A couple of weeks ago Ralf and Ulla Jansen, recent members of RC Calvía International made a presentation to the club members at a regular Monday meeting. Whilst greeted with interest this prospect, those in audience were totally unprepared for the immense empathy and sincerity of what was to come. In modern parlance, it blew us away. It is presented here - in its entirety - exactly as it happened.*

**Dear friends,**

Firstly, please excuse my poor English. Today I would like to speak about my wife Ulla's Parkinson's Disease and a very special operation called Deep Brain Stimulation that helped her as well as me.

As almost no-one knows about this operation, the main reason for my talk is to inform as many people as possible about Deep Brain Stimulation (DBS). I would like to share Ulla's experience in the hope that you might gain a little knowledge about her special surgical procedure. When we talk about it to people, I think that there might be as many as 90% that haven't heard anything about it and will be helpful to anyone who might suffer from this long-term.

What is Parkinson's Disease? Many different forms of Parkinson's exist. However today I want to talk to you about Morbus Parkinson which Ulla has been suffering from since 2009.

Parkinson's Disease is a long term neurodegenerative disorder. its primary. cardinal symptoms include "shaking, trembling, fiddling and postural instability and bradykinesia (slowness of movement). When you are diagnosed with Parkinson's, it means up to 50% of the brain cells are killed off already.

First, Ulla received a lot of medication consisting of many differed pills which had a lot of side effects: Consequently she needed more tablets to combat these side effects. For example, she woud fall down and

be unconscious for a few seconds. Then she would wake up and be oblivious of what had happened. This could happen on the golf course or at dinner in a restaurant.

Her righthand side was more badly affected than her left. As a result she could hardly do anything with her right arm or hand and was not able to even lift or hold a cup of tea. Fortunately we managed to finf a good neurologist here in Palma - Dr. Nobbe. He took extremely good care of Ulla and later informed us about a specialised surgical procedure that might help Ulla's Parkinson's - Deep Brain Stimulation.

Ulla was very scared and apprehensive at the thought of someone working in her brain and installing something into it. After careful consideration, she decided to goahead with the operation and visited the University Hospital in Wursburg as Dr. Nobbe knew the professor there and highly recommended him.

Ulla had to undergo a stringent examination in Wursburg to ascertain if she would be able to undergo



## Ralf & Ulla - DBS - continued

Deep Brain Stimulation. She not only went through many examinations but also had numerous meetings with a psychologist to see if she would be able to undergo this long and specialised procedure.

Fortunately Ulla is a very brave and very strong person and the professor informed us that she would be a good patient for Deep brain Stimulation. In September 2015, we travelled to Wurzburg and admitted into the hospital. We had so many different thoughts and special feelings running through our heads. We were so scared and but also happy that the operation would be carried out soon.

Deep Brain Stimulation is a neurosurgical procedure involving the implantation of a medical device called a neurostimulator or brain pacemaker. It sends electrical pulses through implanted electrodes to special targets in the brain so that you can treat movement and neuropsychiatric disorders. Deep brain Stimulation does not involve the destruction of brain tissue It directly changes brain activity in a controlled manner and is reversible. It can be adjusted as the disorder progresses or adverse

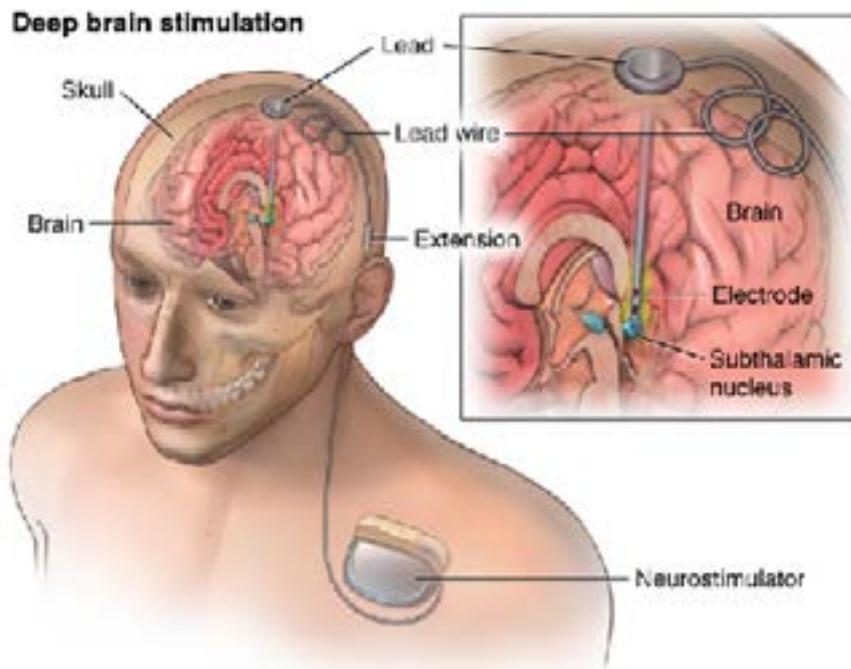
events occur. Bilateral procedures can be performed without a significant increase in adverse events.

The problem is that the cells are situated deep in the brain - therefore the name of the surgery. Deep Brain Stimulation (DBS) consists of 3 components:

1. The implanted pulse generator (IPG)
2. the lead,
3. and the extension.

It is a battery powered neurostimulator, encased in a titanium housing, which sends electrical pulses to the brain which interfere

with neutral activity at the target site. The lead is a coiled wire moulded in polyurethane with platinum iridium electrodes and is placed in one or two different nuclei of the brain. The lead is connected to the implanted pulse generator (IPG) by an extension, an insulated wire that runs from the head, down the side of the neck, behind the ear to the implanted pulse generator. This is placed below the clavicle or, in some cases, the abdomen.





## Ralf & Ulla - DBS - continued

The implanted pulse generator (IPG) can be calibrated by a neurologist, nurse or trained technician to optimise symptom suppression and also control side-effects. This sounds very scientific! But in the meantime what happened to Ulla?

The first part of the process was to shave off all her hair in preparation for the surgical operation. Then she was administered anaesthesia so that the doctors could open her scalp and drill two holes down into the head. For this procedure Ulla had to be fully awake for around four hours because she was needed to help placing the leads into the right parts of her brain cells.

The entire operation took 11 hours with a total of 14 medical staff taking part in the surgery. A psychologist was with Ulla at all times, talking to her, and getting her to count or sing while the specialist moved the leads to find the right places. At one time, she was unable to continue speaking and move her arms so the doctors changed the position where she lying.

Another problem for Ulla was the fact that she was secured with a metal ring which was screwed onto her head during the entire 11 hours so she was un-

able to move at all. After the leads had been correctly placed, she had to sleep again so that the doctors could close the two holes and push the cables from her head under the skin, to the neurostimulator, just below the clavicle. After a long 11 hours, the operation was successfully completed.

It is unbelievable how this operation has changed our lives Both Ulla's and mine. As you can see, she moves normally, she doesn't tremble and now only has to take a few pills every day. Her right arm and hand function normally; she can drive her car and if you didn't know previously about her health issue, you would never notice her Parkinson's.

Her operation was a tremendous ordeal and torment for Ulla but she loves life and we are both delighted with our new life together. But you should know that her Parkinson's going to be like this forever. We encourage everyone who suffers from Parkinson's to consider undergoing Deep Brain Stimulation. Unfortunately it doesn't work with types of Parkinson's.

It is just unbelievable how the stimulation works in her brain and how quickly her attitude changes if the stimulator is switched off. We experimented here and were able to clearly see what Parkinson's does to her. The stimulator was switched back on immediately.

We hope to be able to enjoy our new found life for many years and be able to inform as many people as possible of new hope, a new life and new horizons through Deep Brain Stimulation (DBS).

**Ralf & Ulla Jansen  
March 2018.**

# Tramuntana

## Brought to Life

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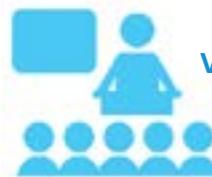


On 30 April, the Club had a very interesting presentation from Tomeu Deya, on the Cultural aspect of the Serra de Tramuntana – a stakeholder commitment. The facts and information presented are well worth drawing to the attention of all Members, Associate Members and Regular Visitors to the Club.

Tomeu has been involved in Tourism in Majorca, in various roles, for over 20 years. His talk however, was focussed on the Serra de Tramuntana and the Soller valley in particular.

First of all, the World Heritage site, Serra de Tramuntana, accounts for nearly 25% of the land mass of the Island of Majorca, it runs from Pollensa in the North East to Andratx in the South West. And 95% of that land mass is in private ownership. There is therefore no single organisation which has control of the development, preservation, economic growth of the site. Indeed, there are 19 Municipalities into which the area falls and there is a myriad of owners some large and a lot lot more very small some of which simply visit their properties each weekend to cultivate a small piece of land. The task of getting agreement on the way forward and coordinating work to preserve and develop the area is difficult and almost impossible to finance.

This highlighted the problem that the Authorities have, ultimately UNESCO, in trying to ensure that the area continues to represent a World Heritage site, whilst at the same time supporting the livelihood of the area by ensuring responsible Tourism,



Visiting  
Speakers

indigenous economic activity – producing olive oil and orange-based products. Tourism includes not only those who travel to the Tramuntana to view the incredible scenery which the area affords all visitors, but those who travel to Walk the area and who appreciate both scenery and the recreational activity (some of which is strenuous to say the least). However, bearing in mind that 95% of the area is in private hands Tourists and walkers in particular need to be careful where they go. Like the rest of Europe, privately owned land is just that and the public do not have the right to walk through it. Sometimes, not only individuals, but commercial organisations which organise walking holidays ignore this fact and problems occur.

We must ensure that we as individuals are responsible users of the Walking trails in the area. We can also support the preservation and continuation of the traditional agriculture in the area. Orange products are a start, but we in Rotary Club Calvia International who always start our lunches with bread, Olive Oil and salt must appreciate the taste and quality of the Olive Oil which comes from the private producers in this World Heritage site.

Thank you Tomeu for the talk and reminding us that World Heritage sites are not only there to be appreciated but preserved and nurtured despite the problems that present themselves on the ground.

By the way, Tomeu invited the Club to visit the Oil Mill at “Can Det”, Soller, in the Autumn, where he would act as Guide and when we could sample some local produce. I will be putting my name down for that.

**Mike Knight**

**The Balearic Islands Association**, founded in 1992, is a non-profit making entity for people with spinal injuries and/or the very physically disabled and comprises of 419 members from this collective who work in favour of their maximum social integration. Integrated in the National Federation of ASPAYM, with headquarters in Toledo, it is also a member of PREDIF Balearic Islands which represents entities for people with disabilities.

Although the primary recipients of ASPAYM Baleares are people with spinal injuries, attention is also paid to people with disabilities caused by varying situations which include: brain damage, spina bifida, amputation, amyotrophic lateral sclerosis (ALS) etc. Their families and close aides also benefit from our services.

## ACTIVITIES AND SERVICES

### PSYCHOSOCIAL ATTENTION SERVICES

#### Attention to new spinal cord injured

For people who have recently been affected by a spinal injury/or have become severely physically disabled, also for their families or close aides while they are hospitalized and on their return home.

#### Integral attention and promotion of autonomy

This service helps people with physical disabilities and their families. For those who have overcome the initial phase of attention and sanitary rehabilitation and have some type of personal, relational, family or medical difficulty which impedes them from reaching or maintaining their optimum level of autonomy.

#### Accompaniment and personal assistance

This service provides physically disabled people with personal help to enable them to carry out their



everyday activities like work and training which they cannot do alone.

Young people in action: psychosocial attention and orientation for young people with disabilities

This service benefits young people, even though they have an optimal level of autonomy and sufficient motivation to lead an active life as independently as possible, they need support to improve their abilities, information, guidance and access to the necessary resources to achieve their goals.

#### Integral attention at home

We offer specialised psychosocial attention at home for physically disabled people with a high level of dependence who need help and support in their everyday lives. We intervene in areas related to their physical and emotional health, their daily routines or family and interpersonal relationships.

# ASPAYM **Balears** - continued

## **Physiotherapy in rural areas**

Physically disabled people in our community who do not live in Palma have more difficulties to access resources to improve their quality of life and autonomy. This programme is the solution for all those people at risk of dependence, contributing to improving their autonomy as well as slowing down or delaying the evolution of chronic illnesses and preventing future dependency situations.



## **Information and work orientation**

ASPAYM Baleares contributes to the employability of physically disabled people through the process of orientation, advice and follow-up that facilitates their access to specific services of work orientation like Incorporan which is managed by Predif-ib.

## **Training**

We train disabled people, entities, institutions, students in training and professionals who work in the field of physical disability and that are dedicated to the care of dependents or at risk of dependency.

## **Leisure and adapted sport**

Leisure and sports activity offer the physically disabled multiple opportunities to participate in the community, make new social contacts and interact with other people but above all improve their confidence and control over their lives. In ASPAYM we have opted to promote adapted sport among our users as a tool with multiple benefits for the person who practices it.

## **Awareness and communication**

Throughout the last 15 years ASPAYM Baleares has participated in various national awareness campaigns along with The General Direction of Traffic: “don’t go fast, don’t drink – don’t change for another type of wheels” “use your head” and “disability and road safety” aimed at the young.

## **Advice on accessibility and universal design**

ASPAYM fight against architectural and cultural barriers in the different institutional forums of which it is part.

We also provide information about support products (technical support) that help autonomy and mobility, orientation on how to reform and build accessible homes or remove architectural barriers in neighbourhoods and we advise businesses and companies who want to make their premises accessible.

# Associate Membership

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## Welcome to the Club!

Rotarians Wolfram Funk and Frank Garrelts recently became associate members of RC Calvia International. They are already members in German Rotary Clubs and have visited us for many years, Wolfram for decades.

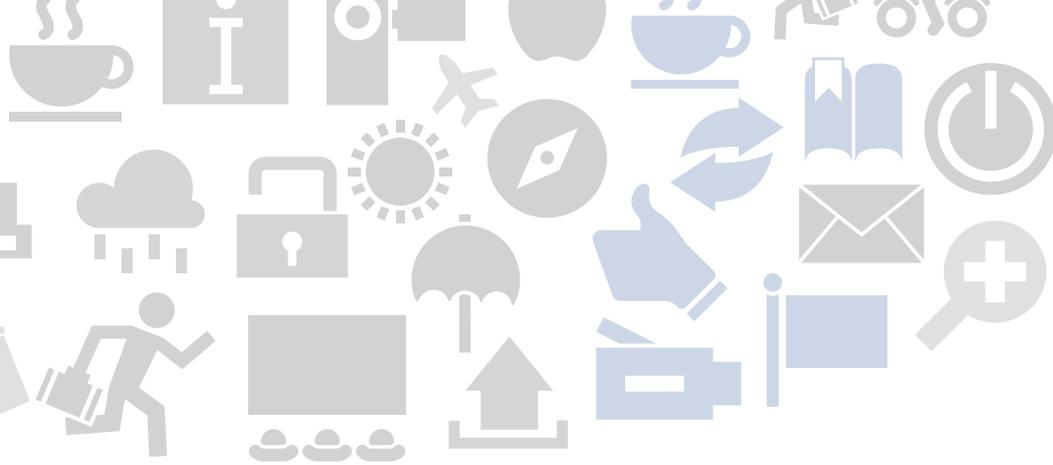
### From our very first Associate Member:

My husband Eric and I have attended Calvia Rotary as guests for the last 5 years. We have always been greeted with much warmth and have felt part of the club. So when it was mentioned that associate members were being welcomed I had no hesitation in putting my name forward and much to my delight I became Calvia Rotary's first associate member.

Since becoming a member I feel even more part of the club, if that was possible, and was happy to help in some small way at the charity jazz night. Although we don't live on the island I will try to do anything to help when we are there. I wish the club and its members all the best and would encourage any guest to become an associate member.

**Lorraine Wilsdon**





## Visits to other Clubs

### **Gerdi's visit to Rotary Club Riga International**

During my short stay in Riga I attended the Rotary Meeting of RC Riga International on April 20 2018 at the Radisson Blu Daugava Hotel, accompanied by my husband.

Riga is the capital and largest city of Latvia. With around 700.000 inhabitants, of which a very high percentage is quite young, it is also the largest city in the three Baltic states. The city lies on the Gulf of Riga, at the mouth of the Daugava. Having pertained to Russia during many years, Latvia finally became independent and a sovereign state in 1991. Due to Latvia's chequered history, very old inhabitants still speak German and the majority speaks Russian apart from Latvian. Basic English can only be expected from young people.

The Rotary meeting was held at noon time in one of the many conference rooms at the hotel. Around 20 members – with only one female Rotarian - were present as well as the Governor of the District 2410, Sweden and Latvia, Hans Christian Oster. To my surprise, the majority was German speaking although the official language of this international club is, of course, English.

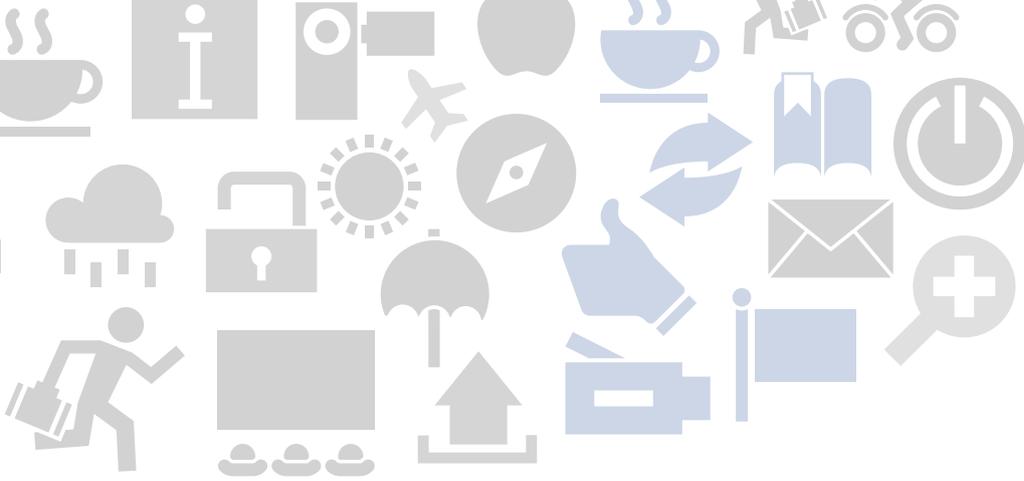
We had a nice but straightforward buffet with water and orange juice (nothing to compare with our lunch at the Hotel Bendinat!!) at a surprisingly low price, which is due to the fact that the manager of the hotel is also a member of Rotary and therefore offers a special price.

Both the President of the RC Riga and the Governor of this District held a short speech, and one of their points was the concerns about the average age of the members, around 64. As I was asked to say a few words, I took the chance to describe the work and projects of

our club, many of them for the youth, and I also presented our last project, the charity jazz night for Toni Quinero. Governor Oster was very impressed by this and asked me to provide more information about it. I just sent a mail to him describing Toni's case and our project and how Rotary Calvia supported him.

We exchanged banners, photos were taken and a very warm and elegant meeting came to its end. As after most visits to other Rotary Clubs, I felt proud and happy to belong to Rotary Club Calvia International where the Mediterranean life style and beautiful people make it a real pleasure to be part of it and to attend our Monday meetings. **Gerdi**





## Visits to **other Clubs** continued

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### **Saskia's Visit to RC Palma Bellver Meeting with RC Arosa (Switzerland)**

When I was asked by our Assistant Governor Joan to organize a meeting between RC Arosa from Switzerland and our club I was some kind of sad because I was told that RC Arosa would only be here between Thursday and Sunday and therefore – no way to visit us at one of our regular Monday meetings!

Anyway, I organized a visit between the Swiss club Arosa and RC Palma Bellver. They meet on Fridays at 2.30 at Club de Mar in Palma and we were all most welcome! I would recommend joining a meeting to all of you!

The President of RC Palma Bellver, María, is one of the most lovely persons I had the honour of meeting in my whole life and we had a very pleasant meeting between the three clubs. María is incredible: She is actually a very popular actress on Spanish television.

You might know her if you watch Spanish TV series. I asked the question everyone would have asked: How is it to kiss a guy you are not in love with? The answer was that she could avoid it so far. Very clever and discreet!

The President of RC Arosa (Switzerland), Oliver, told us that they are based up in the Alps, a lot of snow, and all members were very open minded



and friendly. A shame they couldn't visit us, but they were in best hands with María and her club. Oliver and all other members were impressed by the wonderful Majorcan nature and they will for sure come back. Next time they will hopefully visit us!

**Saskia**

# Dates for Your Diary

**18.5.18 RANA Gala.** Palau de Congressos, Palma

**24.05.18 – 27.05.18 District Conference** in Ceuta

**2.6.18 Rotary Club Pollensa Charity Golf** Tournament

Alcanada Golf Club – details from Geoff Moore

**17.6.18 to 24.6.18 Mallorca Tennis Open** in Santa Ponsa.

Tickets: [www.mallorcaopen.org](http://www.mallorcaopen.org). Calvia Rotarians: 15% discount

Prices, from 16.80 Euros upwards,

quote Promotion Code ROTARYCALVIA.

Facebook = <https://www.facebook.com/mallorcaopen.org/>

**21.10.18 Annual Walk** – New venue – Finca Galatzo near Capdella village.

**NB** Date to be confirmed.



# RC Calvía International

## Regular Info

**Our club meets every Monday at 13.30h for 14.00h at [Hotel Bendinat](#)**

VISITORS are always welcome especially visiting Rotarians and their families.

**Please contact us** if you would like to attend a meeting. We ask to be advised at least 24 hours beforehand so that the dining arrangements can be confirmed with the hotel. Thank you.

**Street Address**

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C/ Andrés Ferret Sobral, 1  
07181, Portals Nous,  
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[Click map for full sized version:](#)



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