



Spectrum



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Afghan students celebrate World Polio Day

Posted on November 5, 2019 by Stephen R. Brown, past Rotary Foundation trustee



Afghan Youth Connect leads an assembly on polio eradication

During a three-day period encompassing World Polio Day, 24 October, a group of students in Jalalabad, Afghanistan, conducted a polio awareness campaign that was able to reach many of their peers with the message about Rotary's work to eradicate polio. While many clubs worldwide held activities around World Polio Day, this one was especially exciting to me because these students are part of a program known as Afghan Young Connect (AYC) which I have been involved with since 2008.

AYC is playing an important role in advancing our polio eradication work in Afghanistan. Banners with messages in English and in local languages were in prominent display in each of the schools where general assemblies were held. AYC trainers and students made presentations about the importance of eradicating polio. The effort was led by Abdul Qaum "Almas" Past President of the Rotary Club of Jalalabad, who is the in-country director of the AYC program, sponsored by my Rotary Club of La Jolla Golden Triangle.

The reach of this polio awareness campaign has been deep. A typical public school in Jalalabad has in excess of 5,000 students. Not only did the students in the 18 schools visited experience the campaign, most of these students live in extended families often with 40 or more persons residing in the same compound. Students undoubtedly shared the information learned with these extended families.

As Almas noted to me, "We as educators are responsible to educate our students about the importance of polio eradication and all must cooperate in these efforts. School principals and teachers participated in these events with the support of parents and village elders. Students who had suffered from polio spoke sharing their experiences and challenges resulting from the effects of the disease."

We started the AYC program back in 2008 with a grant to the La Jolla Golden Triangle Rotary Club Foundation from the US Department of State-Bureau of Educational and Cultural

Affairs. AYC provides IT training and English language training in addition to teaching leadership skills and the importance of individual civic responsibility. Further, AYC students communicate with their peers in the U.S. and elsewhere through interactive Skype calls.

From an initial five public high schools in Jalalabad, Afghanistan, the program has expanded to thirteen classrooms supporting boys and girls in most of the public high schools throughout Jalalabad. It is now supported with private funding. Over 30,000 Afghan students have participated in the AYC program to date.

I am hoping future plans for the polio awareness campaign will involve students in another Jalalabad based program sponsored by my club known as Teaching English through Technology. This program also under the direction of Almas involves providing IT training and English language training to Nangarhar University students studying to be teachers.

Many of these students come from villages outside the large metropolitan areas. They typically return to their home communities during school breaks and eventually to teach after graduation. Through an expanded awareness campaign, they will be well positioned to carry the message regarding the importance of polio eradication back to their home communities.

Petrolheads in Action in Italy

Posted on November 6, 2019 by Dr. Matthijs van den Adel, President of the Antique Classic & Historic Automobile World Fellowship (ACHAFR)

Last year, the Antique Classic & Historic Automobile World Fellowship (ACHAFR) celebrated its 30th anniversary making us among the oldest fellowships of Rotary. With nearly 600 members, it is well represented worldwide.

ACHAFR and its national chapters organize rallies and regular meetings for their local and national members who share a passion for antique and classic cars. We also organize events that bring together members of the fellowship globally.



For instance, our yearly European Tours bring together members of the fellowship from all over Europe to bond over their shared passion. For 2020, our Italian chapter is organizing a Coast-to-Coast Tour that already has 12 teams from Germany, 10 teams from the Netherlands, 5 teams from the UK and 1 team from Switzerland registered. These tours have created a family spirit. Participants see each other regularly and have become close. Many of our rallies are a couple of days long allowing friendships to develop over meetings, dinners, and of course over the love of antique and classic cars. Also, at

times it's difficult to search for spare parts for antique cars so having this network of contacts is helpful in finding what you are looking for.

We also work on service projects to help our communities. Following the devastating earthquakes in 2016 and 2017 in central Italy, our fellowship and local Rotary clubs took the initiative to build a new 'earthquake-proof' multifunctional centre in Arquata del Tronto, Italy. The centre would offer local young professionals rent-free working/office space.

Using funds from membership fees of our ACHAFR and its Italian Chapter (ARACI)'s tours and events, as well as funds brought in from auctions and lotteries held during the various tours, we supported the construction of the centre. In addition, Rotary clubs in various European countries financially supported the project and the Rotary Club of Ascoli-Piceno received a global grant from The Rotary Foundation, which thus hosted the project and provided additional funding. Altogether, we have been able to construct and finance the centre without further support from other sources.

Within one year, the centre was designed and constructed with a grand opening in May 2019 by then RI President, Barry Rassin. All of us were grateful for Barry attending the opening as a sign of appreciation and honor of our efforts.

Members of our fellowship have clearly given meaning to the leading Rotary motto of "Service Above Self" and will continue to do so.

How a simple if/then ritual can help you overcome obstacles and achieve your goals

Nov 5, 2019 by Bina Venkataraman



Rachel Sender

We all have important things we want to accomplish, but there are so many distractions and stumbling blocks that can get in our way. Here, writer Bina Venkataraman shares a startlingly easy strategy that can defeat future challenges.

Playing poker is like planning for the future in one sense: You're making decisions with limited information, and a lot depends on chance. You can control what you do with only the cards and chips you have; you can't control what cards you or your opponents are dealt, or what the other players do. You make your choices amid uncertainty.

For the situations in our lives where we can anticipate what we might encounter - there are predictable obstacles that get in our way - the tricks of successful poker players can be illuminating. Matt Matros, a World Series of Poker champion who has earned more than \$2 million, shared with me one of the rituals he credits for his success. When he first started playing, Matros loved the thrill of winning but because he also hated losing, he rarely won a tournament. He was too timid to

play hands worth betting on. Trying to avoid momentary loss dimmed his long-run prospects - similar to how some investors lose their cool when they see dips in their stocks.

Matros, who earned a degree in math in college, became a poker champion only after coming up with a nerdy strategy. He decided he would aim for a certain ratio of bluffs to "value bets" - bets when he actually had a good hand - in a given game. When he didn't have a good hand, he would fold a certain percentage of the time and he'd bluff the other times.

The strategy required that Matros anticipate the scenarios he might face, so he had a plan for how to react regardless of his passing fears of losing a hand. Because this was poker, he could calculate the chances of winning or losing he'd have with different combinations of cards, something that's not so easy in life. Whenever he was in an intense moment and the exact card pattern was not one he had already anticipated, he'd think through his options. It was as if he had rehearsed the scene of a play and could think back to his scripted lines, with some improvisation.

Hundreds of studies from eating better to avoiding the impulse to react to people on the basis of their skin color - have demonstrated the power of taking the time to anticipate in advance our future obstacles.

I wondered if Matros's techniques could work for non-poker players, and I came upon the work of Peter Gollwitzer, a professor of experimental psychology at New York University. In the 1980s, Gollwitzer began studying how people can adhere to their long-term goals amid temptations. He found that most people were not lacking motivation to set such goals; the trouble came when they tried to keep on course when confronted with detrimental short-term urges.

Gollwitzer started testing a technique that resembles Matros's strategy, which he dubs "implementation intentions," or if/then tactics. In hundreds of studies in all kinds of contexts — from eating better to completing homework assignments to saving money to avoiding the impulse to react to people on the basis of their skin color — Gollwitzer and colleagues have demonstrated the power of taking the time to anticipate in advance their obstacles when meeting future aspirations. For example, people who want to eat healthier would jot down all the possible temptations they'll face in a week to eat junk food, and set up a plan to respond to each urge.

What's surprising about Gollwitzer's research on if/then techniques is that it reveals that the more difficult the long-term goal, the greater the power of the tactic. In other words, it works better for the challenges that elude people's sheer willpower. He's also found that for groups of people who have the most difficulty with patience, perseverance and impulse control, the tactic works even better. When guided to use if/then tactics, schizophrenics, alcoholics and children with attention-deficit / hyperactivity disorder resisted distractions and temptations and deferred gratification at high rates. They got more out of the tactics than those considered normal.

The more concrete are your actions, the better the if/then ritual works. Focusing on positive actions - stating what you will do vs. what you won't do - is particularly powerful.

Here's how an if/then ritual can work in your life. Suppose you've decided you don't want to check your email tomorrow morning so you can work on a project. To prevent yourself from succumbing, think through situations that might arise and come up with ways to respond. For example, you might decide:

"If I realize I need to respond to an email, I'll jot down a reminder in a notebook so I don't forget to send it later." Or: "If I feel tempted to check my email because I hit a hard spot in my project, I'll get up from my computer and take a short walk." The more concrete are your actions, the better the if/then ritual works. Focusing on positive actions, stating what you will do vs. what you won't do, is particularly powerful.

If/then rituals ask you to envision yourself taking a desired action in the future, not just to anticipate future scenarios.

This struck me as a way of addressing the anxiety that some of us experience when imagining the future. With an if/then tactic, we can picture them with agency in a scenario. It's a way of turning dread into a plan - and guiding our future vulnerable selves in a calmer present moment. When people make and state their specific plans to vote on Election Day, for example, they are far more likely to show up at the polls.

If/ then rituals seem fairly simple, even obvious. In fact, I hesitated to write about them, until I learned about more about their surprising, untapped potential. What intrigues me most about them is how they might be used to stop reckless decisions that could affect lives of both us and others.

In 2009, Gollwitzer and colleague Saaid Mendoza made a stunning discovery through experiments in which they asked people to play a computer game. In the game, a series of images of men appeared, some holding objects and some holding guns. The objective is to shoot the men who appeared with guns and not shoot those who held other objects such as wallets or phones. (The choice involved pressing a labeled key that read either "Shoot" or "Don't Shoot.") Players were asked to work fast and make decisions in the moment. They had half a second before their time was up for each of 80 images.

The game showed images of both black men and white men. Previous studies had shown that players shoot the black men who are unarmed at far higher rates and more quickly than they shoot unarmed white men. They're also more likely to not shoot armed white men than armed blacks.

When first given the game to play, the 2009 study's participants, none of whom was black, exhibited this same pattern of what's known as "implicit bias" or "unconscious bias." In most cases, people who show these tendencies are not people who'd consider themselves racist or who'd consciously mistreat others because of gender, race, age or appearance. But in situations where they must act quickly, hidden biases can often dictate their actions and override their intentions.

Mendoza and Gollwitzer gave half the study participants an if/then tactic before they played the game. They were warned not to let other characteristics of the target aside, from what they were carrying, dictate their response. Researchers recommended people to follow this strategy: "If I see a person, I will ignore his race!" Participants were asked to repeat this strategy in their minds three times, and then type it into a box. Those who used the strategy had far fewer mistakes; they shot more armed people of both races and let the unarmed go free.

After if/then rituals were adopted in one public school, the skewed disciplining of black students dropped significantly.

Overall, fewer students were sent to the principal's office.

Educators are starting to take up this research. Kathleen Ellwood, a public school principal in Portland, Oregon, discovered in 2012 that in her K-8 school, nearly 90 percent of the students being sent to the principal's office were black even though they made up only 15 percent of the student body.

National trends echo that pattern. In 2018, the US Government Accountability Office analyzed data from K-12 public schools and found black students were suspended and expelled at far higher rates than white students regardless of a school's poverty level and the type of discipline. When teachers discipline students of color, particularly young black children, studies show they do so more harshly than they discipline white students for the same behaviors. As a result, more students of color miss valuable time in the classroom. This affects their achievement in school and in life. Kids, who miss school, are more likely to land in the criminal justice system.

University of Oregon professors Kent McIntosh and Erik Girvan call these moments of discipline in schools "vulnerable decision points." They've tracked discipline incidents and analyzed the data to show that such moments are often predictable. When teachers are fatigued at the end of the day or hungry after skipping lunch, they're more likely to make rash decisions. Some moments are more specific to a classroom or teacher, but many can still be anticipated, for example, a kid with whom a teacher had a power struggle talks back in class.

McIntosh has trained hundreds of teachers to use if/then tactics, and Ellwood invited him to work with teachers in her school. He asked teachers to make an advanced plan for how they'd respond in a future moment when they'd be tempted to issue harsh discipline and to state their plan clearly and concretely, aloud and on paper. The idea was to create an impulse buffer: a delay between the moment of frustration and the decision to discipline.

Let's suppose a teacher recognized that she got frustrated on days she skipped lunch, especially when kids interrupted her as she was speaking. She'd make an advanced if/then plan and state it aloud as follows: "If a student speaks out of turn, then I will drop a pencil and take a deep breath before deciding what to do." Or, she might say: "If a certain student acts up, then I will take three steps back with my hands behind me."

After if/ then rituals were adopted, the skewed disciplining of black students dropped significantly in Ellwood's school. Overall, fewer students were sent to the principal's office. McIntosh and Girvan are studying such tactics across multiple schools in the US to see if they reduce discrepancies in discipline. Although the work is promising, it remains to be proven whether if/then strategies work across schools and classrooms. Still, simple rituals like these show that we each have the potential to help us be our best selves in the future.

Excerpted from the book, ***"The Optimist's Telescope: Thinking Ahead in a Reckless Age by Bina Venkataraman."*** Copyright © 2019: Bina Venkataraman.

**Means Center to foster entrepreneurship through research
Whitney Sherrill November 1, 2019**

At its heart, the George R and Martha Means Center for Entrepreneurial Studies at Illinois State University seeks to foster entrepreneurship through teaching, impactful outreach programs, and research, according to Avimanyu Datta, PhD.

The associate professor of strategy and entrepreneurship moved into his role as director of the center earlier this year. Looking back at the history of the organization, Datta pointed to its consistent record of providing quality classroom experiences and offering growth opportunities for student entrepreneurs, such as StartUp Showcase. The area of research, however, has not received the emphasis and level of attention he feels it deserves.



State Farm Hall of Business

“It’s not that nobody was researching, but we were not proactive in showcasing the research and we were never that proactive in actually funding research,” he said.

To begin to remedy this situation, the center recently created a new section on its website to spotlight faculty publications in top academic journals on entrepreneurship related topics. The list covers a wide range of facets of the area of study, including corporate entrepreneurship, peer networking, innovation, technology, patents, crowd-funding, international management, strategy, and artisans.



Avimanyu Datta, PhD, director of the Means Center for Entrepreneurship, and associate professor of Management and Quantitative Methods

Moving forward, Datta also hopes to see the Means Center devote more resources to promoting faculty research by providing funds to send professors to conferences to present on entrepreneurship topics and purchasing statistical software and research databases.

High-quality faculty research has a direct impact on students’ classroom experience. Datta noted that as professors personally delve deeper into topics of interest, it helps to increase the overall rigor and richness of the classroom experience for students and sparks discussions relevant to current trends in the realm of entrepreneurship.

“You can teach a topic from the textbook and experience and many other things, but when you do a particular research, you have more insights into something,” he said.

Placing a stronger emphasis on research will also help to promote Illinois State as a leader in the entrepreneurship field and will help it to continue to attract top quality faculty researchers.

“It’s a growing area,” said Datta. “I think by showcasing the research we are going to be more impactful in the entire academic community.”

Traditionally, the Means Center centered its focus around small and medium businesses and startups. As Datta explained, however, the center is beginning to place a greater emphasis on corporate entrepreneurship as well because more and more large companies are utilizing entrepreneurship strategies in order to “create products that are fit for the future, while not hampering (their) existing products.”

The Means Center director also noted that due to its increasing reach, the field of entrepreneurship is a relevant course of study for students across campus.

“A lot of firms want managers who can create entrepreneurial thinking,” he said. “It’s not that they expect them to start their own business but (to consider the question), ‘How would I create newer types of products in an established firm?’ This is something that firms are actually looking for, and that’s why it’s important that students take one or two entrepreneurship classes, at least the corporate entrepreneurship class. That’s one of the reasons why we’re going to start in fall 2020 an entrepreneurship minor so (students across campus) can also take some of our courses and see can what they work on or what they study be commercialized to some extent.”

To learn more about the Means Center and to view the list of faculty research in the area of entrepreneurship, visit Business.IllinoisState.edu/Means.

The editor adds: Dr Avimanyu Datta, PhD, a Paul Harris Fellow, is son of Ann Tanima and PP Umaprasad Datta of RCSLMK. Let Avimanyu’s endeavors establish Illinois State University as a leader in the entrepreneurship field and attract top quality faculty researchers. Congrats to proud parents.

Anniversary of Rotary members in November

Spouse Sudata & PDG Anjan Kumar on November 17, 2019

Sp Jaya & PDG Angsuman on November 18, 2019

Spouse Sapna & Sanjay Agarwal on November 19, 2019

Archana & Mukesh Goyal on November 21, 2019

Dr Om & Aruna Tantia on November 27, 2019

Spouse Sushila & Indra Kumar Bagri on November 30, 2019

November is Rotary Foundation month

UNWINDS

Tintu called FM radio & said, “I’ve found a purse with Rs.15000/- a credit card & an ID card of Mr. Mani, No 13, Halls Road, Kannur.

Radio Jockey: How honest. Do you want to return his purse?

Tintu: No, I just wanted to dedicate a sad song for him.

TAILPIECE

The Torque

