

June 2026

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## EKTG for eTechnology



Dear Colleague,

### **EKTG 40th Summer Newsletter - June 2026 -**

## Introduction

Dear Readers,

We are living in busy and dangerous times when all of us do need to be very carefully up to date with all our vaccinations. The question is, are you?

Our local pharmacists tell us they are constantly suggesting this to people who visit their pharmacies but sadly some people do not seem to have the slightest idea about the special importance in these times when people are visiting from all over the world without much apparent checking of their having taken precautions before travelling.

As a Director of Public Health, I currently have no actual power, but am only just have responsibility to regularly remind all the people I work with.

So that is why this message heads up my message today to you.

The rest of the EKTG Newsletter is a combination of items from our International Ambassadors, some important contributors about chess and technology, badminton and other sports and how we might support people with a disability to join in with such sports more effectively.

Best of wishes,  
**Somen Banerjee**  
**Chairman EKTG Main Board**

### **EKTG Ambassadors Meeting**

The EKTG Ambassadors Meeting will take place on June 4th, at 4 PM London time.

# The Technology of Chess and Badminton

## Chess - more than just a game & don't force it

By James Proaspatu

How I got into chess:

My dad taught me how to play chess when I was about five, but we didn't really play because I wasn't too keen. He never forced me because he understood that the desire to do things has to come from within (intrinsic motivation). As Andrew Carnegie said, "You cannot push anyone up a ladder unless he be willing to climb a little himself".

That said, this shouldn't be confused with doing nothing. You should be wise in how you guide others, helping them understand why something is worth pursuing. I think this is something God does as well. Jesus often used parables, which made people think and come to an understanding, rather than simply forcing belief.

Although I knew how to play, my story with chess truly began when I was about six. I was on holiday in Romania, where my family is from, and was bitten by a Mediterranean black widow spider. At first, we didn't realise what had happened. It was only while my mum was bathing me that she noticed my right palm was red and swollen, with a visible line running up my arm. She took me to the hospital, where the doctors warned that if this line reached my heart, it could be fatal.

While in hospital, I shared a room with a boy about my age who had been admitted after falling from a tree and being impaled. We naturally spent a lot of time together, playing all kinds of games - a universal language, since I couldn't speak Romanian. He also happened to have a chessboard, and since I knew how to play, I was excited to try. I remember we had a lot of fun with chess. No one told us to play or forced us; we simply wanted to, which made all the difference.

After thankfully recovering, I returned to London and it was now I who wanted to play chess with my dad. This experience sparked a new passion for chess, one that was nurtured at my primary school's chess club, led by my future coach, Peter Mant. I would later take part in many tournaments always driven by my mum, eventually representing Kent at the age of 11.

Lessons beyond the chess board:

Chess improves logic and helps you see and understand things more deeply. You cannot play chess with a purely self-centred perspective. You're forced to ask, "What is my opponent trying to do?". At its root, chess can be summarised as follows: What is my best move? Now, given my best move, what are my opponent's best moves? Given these, what is my next best move? Etc. This layered thinking is highly transferable, teaching me deep game theory long before I studied basic game theory in Economic modules at LSE.

This repeated shift of perspective trains you to see things from someone else's point of view. You begin to realise that your opponent's moves usually make sense from their perspective. Even their mistakes come from a certain way of seeing the position. It makes you pause before judging and try to understand instead. Beyond the chessboard, you become more inclined to ask why someone acted the way they did, rather than jumping straight to conclusions. In that sense, chess builds a kind of empathy - not just feeling for someone but genuinely trying to understand how they think.

Understanding how chess improves one's ability to argue is easier to understand. You simply replace "move" with "argument" because the line of thinking is the same: if this, then that. Chess conditions the mind to think a few steps ahead, anticipating responses and preparing for them in advance. As a

know. People don't just respond to arguments, they respond to how those arguments are delivered. This is where empathy comes in. When you combine the ability to reason with an understanding of the other person's perspective, you're no longer just trying to win – you're trying to reach them so they may truly listen, which is far more powerful.

I would be remiss not to admit that learning chess can lead to overthinking. However, the chess player also knows the valuable lesson of learning from their mistakes, becoming better prepared in the future.



### **Disability Badminton and Para-Badminton at Wimbledon Racquets & Fitness Club**

Wimbledon Racquets and Fitness Club is a not-for-profit organisation providing racquet sports and general fitness facilities for all. It is one of the most successful badminton and squash venues in the country and also provides gym and other sporting facilities. It has around 1,200 members drawn from the local community, and also provides facilities to many local schools and to disability

### Disability Badminton Programme

The Disability Badminton sessions at Wimbledon Racquets & Fitness Club were established in 2011.

We run two sessions on a Saturday afternoon/evening, as follows:

Session 1 disabilities.	5.00 – 6.30 p.m.	For those with special needs/learning
Session 2	6.30 – 8.00 p.m.	For those with a physical disability.

All sessions are led by a Badminton England Level 2 coach, and are run on a pay-as-you-play model – players pay £8 per 90-minute session. There is an option for attendees to join the Club for an annual concessionary fee of £44 - valid for the Saturday sessions only; these members pay £6 per session – so this is a benefit for the regulars.

Members and non-members have full use of the café and changing facilities. Most attendees stay on average 2 – 3 hours, with parents enjoying some respite too whilst at the Club, as well as having the opportunity to discuss other recreational facilities which may be available to the players.

There are very few facilities for those with a disability to participate in badminton – not only in the London Borough of Merton, but also throughout Surrey.

Several of our players participate in tournaments in other parts of the UK, representing our Club and, thereby, promoting the name of Wimbledon. This season Badminton England has set up a National Para-Badminton League, and our Club has entered a team in this. Next month, two of our players will be competing in the Special Olympics Summer Games in Nottingham. For the players, involvement in these events has a very positive effect on their confidence and sense of achievement as well as their general social interaction.

#### **Marion Eyles**

Email: [reception@wimbledonclub.co.uk](mailto:reception@wimbledonclub.co.uk)  
<https://wimbledonclub.co.uk/>

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## News

### EU Headlines

#### **Fertilisers | Health preparedness | External action**

This week, Members of the European Parliament (MEPs) will gather in Strasbourg for plenary debates and votes on several issues, including EU cybersecurity, access to medicines, and the Union's response to health emergencies. On Monday, ministers meeting in the Foreign Affairs Council (FAC) in its Development configuration will exchange views on EU's external action, including development cooperation and the global implications of the conflict involving Iran. On Tuesday EU Commissioners will gather in Strasbourg to unveil a new Fertilisers Action Plan. On Friday, EU trade ministers in the Foreign Affairs Council (FAC) in its Trade configuration will discuss global trade flows, WTO follow-up and ongoing trade negotiations.

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### **European Parliament**

On Monday, MEPs will examine how European solidarity can help secure access to medicines in an evolving geopolitical context. On Tuesday, they will debate EU cybersecurity and preparedness in view of advanced AI systems, and they will also discuss the presentation of the Fertilisers Action Plan. On Wednesday, they will hold a "This is Europe" debate with Latvian Prime Minister Evika Siliņa, and review recent proposals aimed at fighting poverty in the European Union. On Thursday, they will assess the Union's preparedness for and response to health emergencies, including the case of the MV Hondius and the hantavirus warning.

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On Tuesday, Commissioner Christophe Hansen will participate in the European Parliament plenary debate on the presentation of the Fertilisers Action Plan in Strasbourg. On Wednesday, High Representative Vice-President Kaja Kallas will speak at the Chiefs of Defence meeting in Brussels. On Friday, President Ursula von der Leyen, together with António Costa, President of the European Council, will meet President Claudia Sheinbaum Pardo, participate in the EU-Mexico Summit, and meet a delegation of business representatives in Mexico City.

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## Council of the European Union

On Monday, ministers meeting in the Foreign Affairs Council in its Development configuration will discuss the future of the EU's external action, focusing on how development cooperation can support sustainable development in partner countries while strengthening the EU's strategic interests and global role. They will also examine the contribution of the Global Gateway strategy and assess the global implications of the conflict involving Iran, including the role of EU development cooperation in responding through bilateral and multilateral engagement. On Friday, EU trade ministers will receive an update on economic security, with particular attention to the impact of the conflict in the Middle East on global trade flows. Following the 14th WTO Ministerial Conference (MC14) in Yaoundé, Cameroon, ministers will take stock of ongoing WTO-level work and discuss the strategy and next steps beyond MC14. They will also review progress in ongoing trade negotiations with Thailand, Malaysia, the Philippines and the United Arab Emirates.

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## Single market | Industry | Humanitarian aid

No parliamentary meetings are scheduled in Brussels, as the week is set aside for external parliamentary activities. On Tuesday, ministers meeting in the Agriculture and Fisheries Council will discuss fertilisers, agricultural trade, and related market developments. On the same day, the General Affairs Council will focus on EU–United Kingdom relations and voting rights for EU citizens abroad, among other topics. On Wednesday, EU Commissioners will gather in Brussels to unveil a new Communication on humanitarian aid. On Thursday, ministers in the Competitiveness Council (Internal Market and Industry) will debate industrial policy, sustainable tourism, and the impact of the Middle East crisis on the tourism sector. On Friday, EU Commissioners will gather in Brussels for an orientation debate on EU–China relations.

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## European Commission

On Tuesday, Commissioner Piotr Serafin will meet Joakim Strand, Finland's Minister for European Affairs, in Brussels. On Wednesday, Commissioner Wopke Hoekstra will receive Igor Červený, Czech Minister for the Environment. On Thursday, Commissioner Dubravka Šuica will attend the informal meeting of Foreign Affairs Ministers (Gymnich) in Limassol.

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On Tuesday, ministers in the Agriculture and Fisheries Council (AGRIFISH) will exchange views on fertiliser availability and affordability across the EU, as well as recent developments in agricultural trade. The same day, ministers in the General Affairs Council (GAC) will begin preparations for the upcoming European Council meeting. They will also examine the next Multiannual Financial Framework (MFF), particularly its role in strengthening integration within the EU single market. Ministers will address EU–United Kingdom relations and hold country-specific discussions as part of the annual Rule of Law dialogue. They will also cover voting rights for EU citizens living abroad, as well as strategic foresight and intergenerational fairness. On Thursday, ministers in the Competitiveness Council (Internal Market and Industry) will debate the Industrial Accelerator Act and the proposed 28th regime corporate framework (“EU Inc.”). They are also expected to adopt conclusions on a more sustainable and competitive tourism sector and exchange views on the impact of the Middle East crisis on EU tourism.

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## Equipment Examples

### Withings Body Comp - Body Analysis Wi-Fi Smart Scale



#### What is it?

It is a Wi-Fi/Bluetooth smart scale that delivers a complete body analysis, including:

- Weight (precision  $\pm 50$  g)

- Pulse Wave Velocity (arterial stiffness indicator)
- Vascular Age
- Standing heart rate
- Nerve Health Score: detects early signs of peripheral autonomic neuropathy
- Basal Metabolic Rate
- Daily weather + air quality
- Multi-user support (up to 8 people)
- 2.8" colour display
- 15-month battery life (AAA batteries)

### Who it's for?

Choose Body Comp if you want:

- More than weight + body fat
- Cardiovascular insights (Pulse Wave Velocity, Vascular Age)
- Early-warning nerve-health indicators
- A scale that feels like a mini health check-up every morning

### [More information](#)

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Dear Reader,

We hope that you have found the **EKTG Summer Newsletter** interesting to you. We are welcoming new items and would be glad to have a contribution from you for the next newsletter. Please send any comments or suggestions you have to us, and we can make sure they are included in our next newsletter.

If you have suggestions for any New International Ambassador, especially from any nation where we do not have an International Ambassador at present, that would be really excellent.

Send any of these points to the EKTG Webmaster ([ektgwebmaster@gmail.com](mailto:ektgwebmaster@gmail.com)) and Maggie Ellis, EKTG Main Board Member ([westsqas@mac.com](mailto:westsqas@mac.com)).

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## About EKTG

To find out more about us, please download a document that outlines [the background and history of EKTG](#).

If you have any questions about EKTG activities please send these to: Margaret Ellis, EKTG Main Board Member, [westsqas@mac.com](mailto:westsqas@mac.com)

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