

# SOCIAL ACTION CHESS COMMISSION "SACC" REPORT 85th FIDE CONGRESS *Tromso, Norway*



The Social Action Commission (SAC) was created at the 83rd FIDE Congress General Assembly in Istanbul, Turkey. We have been working for almost two years to accomplish our goals, which later became the Commission's Statutes and Bylaws. I would like to thank each member of our Commission for their commitment to utilize Chess for Social good. There is so much to do, and the resources are limited, but we are moving in the right direction.

## **COMMISSION MEMBERS:**

Chairperson, IO Beatriz Marinello,	Fed: USA
General Secretary, Mr. Robert Katende	Fed: Uganda
Councillor, GM Thomas Luther	Fed: Germany
Councillor, Ms. Abigail Tian	Fed: China
Councillor Mr. Daniel Yarur	Fed: Chile
Dr. Hesham Elgendy	Fed: Egypt
Mr. Irvin Halman	Fed: Panama
Mrs. Hellen W. Mukiri-Smith	Fed: Bahamas

Mr. Charles Nyabery	Fed: Kenya
Mr. Gunnar Bjornsson	Fed: Iceland
Mr. Luke Leong	Fed: Singapore
Mr. Erick Hernandez	Fed: Guatemala
Mr. Nasreddine Announ	Fed: Algeria
Ms. Amal Al-Koot	Fed: Kuwait
Ms. Svetlana Bukambaeva	Fed: Kyrgyzstan

Thank you all for your commitment to Social Chess!

## **STATUTES AND BYLAWS**

### **Name and Purpose**

The Commission shall be known as the Social Action Commission (SAC). The SACC's aim is to:

- Promote the use of chess as an equalizer, especially in the areas of women's equality and to bridge the gap between the social and economic differences that impact women across the world.
- Use chess as a tool to help children at risk.
- Promote the use of chess as an aide for persons at risk from Dementia, Alzheimer's disease and other mental illnesses related with brain aging, particularly among seniors.
- Promote chess for other social activities.

The SACC shall be strictly apolitical and shall not participate in or comment on political issues or any electoral process.

### **Equality**

The SACC shall afford equal opportunities to all individuals or organizations in any aspect of access to, admission or treatment of individuals in its' chess programs, events, projects and activities without discrimination on the grounds of race, color, religion, creed, sex, age, marital status, national origin, mental or physical disability, political belief or affiliation, veteran status, sexual orientation, and any other class of individuals protected from discrimination under the law.

If any discrimination complaints arise, the SAAC shall refer the complaints to the FIDE Ethics Committee.

### **PROGRAMS AND PROJECTS:**

Currently, the Social Action Commission “SAAC” has three ongoing projects and projects:

**SACC Website.** This website will be in English, Spanish and Russian. Please visit our site, comments, feedback and submission of materials are welcome: <http://sac.fide.com>

**The Smart Girl Project.** This project is being developed in conjunction with the United Nations Women Organization “UN Women”. Currently, there are two projects in placed. One in Uganda and another in Chile. We are in process of documenting both projects to be able to make the correct assessment. Our main goal is equality by increasing awareness to the fact that girls and women are a minority in chess. We believe that by increasing participation, and reaching out to girls who otherwise will not be exposed to chess, we can send a powerful message. In the end, its about making chess more popular in the world.

At the next SACC meeting in Tromso, we will be showing a photo a video documentary of both projects.

Photos Program in Gulu, Uganda:





We must continue supporting these children, chess can help them improve their lives.

Photos Program in Antofagasta, Chile:

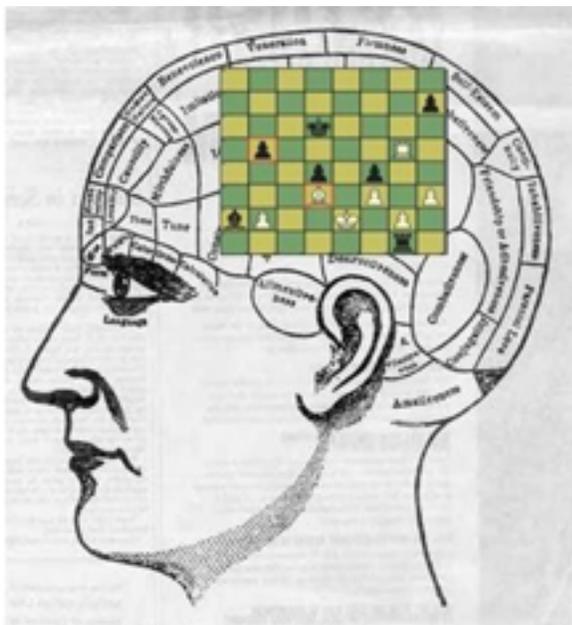




## Chess and Brain Aging – Alzheimer Prevention

The SACC made a presentation at the International Conference for Alzheimer's Prevention in San Juan, Puerto Rico. We will continue working on this important goal, which can potentially impact millions of people.

Here is a summary of the presentation made by Dr. Robert Friedland:



### ABSTRACT

Cognitive activity including learning, judgment, decision making, language, visual –spatial functions, abstraction and memory are the work of the brain, just as pumping is the work of the heart. Many studies have shown that cognitive activity enhances cerebral blood flow, glucose metabolism, resistance to endogenous excitotoxic neurotransmitters, production of growth factors, and growth of new neurons. Furthermore, higher levels of cognitive activity throughout life (in childhood, as well as midlife and later years) have been associated with lower risk of cognitive decline with aging. We propose that the ancient game of chess and similar cognitively stimulating activities are beneficial to people of all ages because of enhancements to cerebral cognitive activity. Components of chess undoubtedly include abstraction, memory, spatial reasoning, judgment and constructional praxis, as well as other skills. Also, engagement in cognitive activities with others enhances opportunities for physical activity and social involvement. We propose to research the effects of chess on the brain and to promote the game of chess and related activities as a way to decrease the risk of age-related dementing disorders.

## BACKGROUND

The expression of cognitive impairment with aging is determined by the development of brain pathology as well as the state of brain function (reserve capacity). Both brain pathology as well as reserve capacity are linked to education and occupational and recreational activities throughout life. Research has shown that cognitively challenging games such as chess are an effective means of enhancing cerebral processes, developing new networks in the brain, and perhaps hindering the development of cognitive illnesses associated with aging.

Playing chess activates the brain's capacity for attention, visual perception, pattern recognition, executive function, response inhibition, working memory and decision making (Baddely, 1992, Duan et al 2012). The task for the player of chess or similar games is to enhance functional integration to allow for meaningful performance. Certainly interhemispheric communication is required as well as intrahemispheric network interactions (Duan et al, Campitelli et al 2007). Deactivation of the default mode network has also been reported (Duan et al, 2012)

To be continued in Tromso. We will make a visual presentation of the Smart Girls Projects.

Your for chess

Beatriz Marinello, SACC Chairperson & FIDE Vice President