

THE ROTATOR

WEEKLY BULLETIN OF THE ROTARY CLUB OF COUNCIL BLUFFS

CLUB 1506 (153)/DISTRICT 5650 CHARTERED APRIL 1, 1915 VOL. 41/NO. 18

Rotary International Theme
2015-2016



Be a gift to the world



2015-2016 Officers

President – Rick Guill
Past Pres. – Steve Chamley
& Membership
Pres. Elect – Stacy Schultz
RI Fndn. – Mick McKinley
Treasurer – Paul Hamilton
Secretary – Donna Pritchard
Sgt. at Arms – Stan Grote

Board Members

Scott Hartman 16
Stacy Schultz 16
Jay Simms 16
Tom Hanafan 17
Kathy Rieger 17
Verne Welch 17
Stan Grote 18
Eric Hamilton 18
Keith Jones 18
Phil Meyer 18

Executive Director

Wendy Chubick

THIS WEEK - Thur., Dec. 3, 12 PM

Carol Wood - Children's Square
The Center, 714 S Main St, Council Bluffs

DECEMBER MEETINGS/EVENTS - FAMILY MONTH

03 Carol Wood, Children's Square
08 Club Board Meeting, 12 pm, US Bank, 421 W Broadway, 4th Fl
10 Christmas Luncheon, Black Box Room, IWCC Arts Center
17 Annual Meeting and Club Elections
24 NO MEETING - CHRISTMAS EVE
31 NO MEETING - NEW YEAR'S EVE

DECEMBER BIRTHDAYS

01 Martha Bruckner
09 Mick McKinley
10 Stan Grote
17 Cindi Keithley
17 Scott Tricker
18 Mike Maher
19 Carol Horner
31 Stacy Schultz

DECEMBER	Song Leader	Clipper	Greeter
03	Jill Orton	TBA - Tara Slevin arranging	Kelly Carman
10	N/A	N/A	N/A
17	Kathy Rieger	TBA	Christine O'Connor
24	N/A	N/A	N/A
31	N/A	N/A	N/A

Rotary Club of Council Bluffs
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Website: www.noonrotaryclub.org

MAKE UP OPPORTUNITIES

MONDAY

North – Noon, Eppley Airport Conference Center
Bellevue – Noon, DJ's Dugout, 10308 S 23rd St
Millard – Noon, German American Society, 3717 S 120th St

TUESDAY

Morning – 7 am, Happy Hollow Club, 1701 S 105th St
Northwest – Noon, Champions Run, 13800 Eagle Run Dr
Southwest Night – 5:15 pm, DJ's Dugout, 17666 Welch Plaza

WEDNESDAY

Downtown – Noon, Field Club, 3615 Woolworth Ave
Council Bluffs Centennial – 7 am, Hy-Vee, Madison Ave

THURSDAY

Glenwood - 6:30 pm, Gridiron Garage
Suburban – Noon, Anthony's, 7220 F St
Western Douglas County – 7 am, Elkhorn Common Ground
Community Center, 1701 Veterans Dr

FRIDAY

West – Noon, Champions Run, 13800 Eagle Run Dr

E-Club Meeting Links:

www.rotaryclub7210.org
www.rotaryclubone.org
www.rotaryclubny1.com
www.rotaryclub7890.org
www.rotaryclubsouthwest.org
www.rotaryclub34.org

Rotary Links:

Rotary International Website: www.rotary.org
District 5650 Website: www.rotarydistrict5650.org
District Facebook: www.facebook.com/rotarydistrict5650

Rotary Events

Christmas Luncheon, Thur., Dec. 10, 12 PM, Black Box Room, IWCC Arts Center.

Cost: \$20/person. Guests welcome. 2 attendance credits will be granted. We take credit cards.

IWCC Vocal Dept. will provide entertainment. We will take a collection to support the vocal dept.

Contact Wendy to RSVP: 712-326-9368 (call/text) or cbrotary@cbrotary.omhcoxmail.com. If you text, please include your name in the text.

Announcements

This holiday season the Club will support Children's Square with a holiday collection. We will be collecting items at the Dec. 3 and 17 meetings as well as the Dec. 10 Christmas Luncheon. Children's Square will be the meeting program this week so you can learn about the programs your contributions will support. Thank you for your help!

Needed items:

- All sizes pajamas and flannel pajama bottoms
- Twin sheets w/pillow case

- Bath towels & wash cloths
- Kitchen towels
- Baby bibs (prefer the kind that are like a towel with a hole for the head but happy to receive any type)
- Gas cards
- Food store cards
- Cash
- Food and personal care items
- Toys and games
- Zoo, museum, other activity passes/tickets

Thank you to Celebrate Catering for providing our weekly meals. Please contact Stacy to cater your event. Call 712-322-2580 or visit www.celebratecatering4u.com.

November 19 Program Stanley Johnson - Polio Survivor

History of Polio:

- Documented since 3000 BC
- First major outbreak in US in 1890s
- Epidemic in mid 1940s with massive numbers of deaths and paralysis
- By 1952 about 58,000 cases per year - the hysteria was in full swing
- Salk vaccine developed in 1954
- Massive campaign 1955-1957 to immunize with a drop of vaccine on a sugar cube or a shot
- By 1957 only 5,600 cases, in 1964 only 121 cases, and last reported case in the US in 1979

Stanley's History:

- Contracted polio the summer of 1949 at age 3
- Affected entire left side of his body
- Spent 30 days in Children's Hospital in Council Bluffs
- Had to wear braces on left leg and arm
- Even his throat was affected
- Seven siblings, none were affected
- The disease was never talked about
- Most of his therapy came from a pitch fork, scoop shovel or milking the cow
- Also treated by a chiropractor & swim therapy

What is polio?

- Virus, neuromuscular
- Attacks nerves, infantile paralysis
- Thought to be carried in the water
- Most cases occurred during warm weather
- Fecal matter was the most likely carrier
- Divided into stages

Stages:

- Acute infectious incubation of 1-3 weeks
- Symptoms appear and last 24 hours up to a week
- Recovery Stage:
 - Starts immediately
 - Hot packs, stretching, water therapy, iron lung

- Nerve re-growth
- As good as you get
- Braces, surgeries, crutches
- Lasts up to 5 years
- Stable Stage:
 - Maximum recovery
 - Adapting & compensation
 - Last 20-30 years, for some a lifetime
 - Time of learning how to fall and avoid choking, and dealing with pain

Post Polio Syndrome

- Additional symptoms beyond normal aging
- Set off by some type of trauma
- Nerve degeneration
- Pain
- Accelerated weakness
- Can be documented medically. Often misdiagnosed, mistaken for ALS
- Polio survivors must make their medical providers aware, especially regarding medications and physical therapy
- Not much research has been done on polio since it was eradicated in the US

Misconceptions:

- Muscles do not function without nerves
- Muscles do not respond to strengthening
- Exercise and over-use can be harmful
- Nerves will regenerate
- Polio has not been eradicated

It's not over yet!

- Survivors still need support and understanding.
- Support groups can be very helpful to polio survivors and their support givers.
- Polio has not been eradicated in Afghanistan and Pakistan.
- Some countries' governments oppose giving children the vaccine
- Polio could be brought into the US where we still have a few who have not been immunized.

For more information about post-polio syndrome:

Wenzel A. Leff, MD (2011), *Traveling Without a Spare*

www.travelingwithoutaspire.com or

www.youtube.com/watch?v=2R5cEKtr87s