



The Windjammer

Today's speaker: An eye on the sky

Mark Schwan's interest in birds began after taking ornithology at the University of Alaska Fairbanks in 1968, but he really didn't get serious about bird watching, or birding, until he settled in Juneau in 1979. He's led many Juneau Audubon bird walks through the years, has been the compiler for the Juneau Christmas Bird Count since 1990, and is one of the authors of the checklist of Juneau birds. He recently left the Juneau Audubon Board after serving

in various capacities, including three years as president.



Schwan is married to Debi Ballam, and they have two grown daughters, Alana and Joelle. He is retired from the Alaska Department of Fish and Game, where he worked for many years as a

fishery biologist with the Division of Sport Fish.

One woman's mission: Immunizing children against polio

[Note: The following is an excerpt from an article posted on realsimple.com. Visit bit.ly/14tiUVE to read the full story about next week's speaker.]

Every day, there is pain. Ann Lee Hussey's right leg is an inch and a half shorter than her left, causing her to limp. Her feet are misshapen, and her joints and muscles ache so badly by the end of the day that it's tough to go to sleep.

And yet within the last decade this 58-year-old has made 20 trips to some of the most rugged and dangerous places in the world — Mali, Nigeria, Chad. Each time, she leads a team of one to two dozen volunteers with the same ambitious goal: to immunize as many children as possible, thereby ensuring that they will not contract polio, an infectious viral disease that can attack nerves and cause paralysis. It's the same



ailment that has wreaked havoc on Ann Lee's life.

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Calendar

August:

Membership and Extension Month

• **Aug. 13:** Club meeting. Speaker: Ann Lee Hussey, Polio Plus.

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• **Aug. 14:** Board Meeting, 5:15 p.m., 114 N. Franklin St.

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• **Aug. 17:** Rowdy Rotary Reunion, 11 a.m.-4 p.m., Sandy Beach.

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• **Aug. 20:** Club meeting. Speaker: Ken Collison, Bokan Rare Earth Deposit.

Greeters

• **Today:** Warren Russell and J. Allan MacKinnon.

• **Next week:** Armando DeGuzman and James Alter.

Submit news to juneauwindjammer@gmail.com.

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Juneau Rotary, get ready to get Rowdy

The 2013 Rowdy Rotary Reunion is set for Aug. 17 from 11 a.m.-4 p.m. at Sandy Beach.

This quad-club event features softball, a picnic and much more. The Juneau Rotary Club is looking to defend its crown on the diamond and, to that end, players and coaches are still needed. If

you're interested in dusting off your glove or guiding from the baselines, please let either Sally Saddler or David Wetzel know as soon as you can.

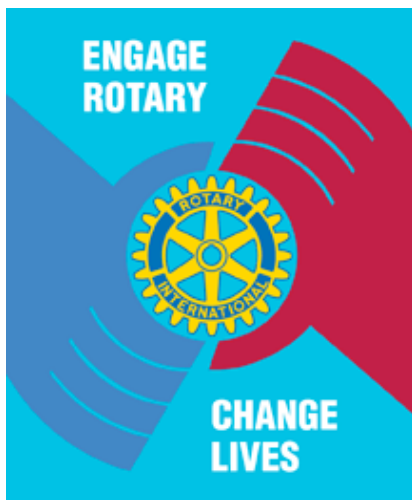
Even if you won't be hitting the field, please plan to attend and partake in grub from the grill and some Alaskan Beer.

Upcoming events

- **Sept. 14:** Brewfest, 1-5 p.m., JACC.

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- **Sept. 17:** Cruise Ship lunch (tentative)



Challenge yourself to boost Rotary's membership

August is Membership and Extension Month for Rotary International. Rotary.org offers several ways an individual member can grow Rotary's ranks by himself or herself.

One such way is taking part in the Membership Challenge. The Challenge allows a member to set concrete plans for increasing your club's membership. You choose your

goals — such as referring a new member, inviting a friend to your club or service project, or connecting with alumni. Once you submit your goals, RI will send you an email listing steps to take to meet your goals.

To learn more about the Membership Challenge, or other ways to help Rotary grow locally and globally, visit bit.ly/186LLw5.

Polio

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"I get exhausted sometimes, but then I remember: I never want another child to endure what I've gone through," she says.

Polio is not something most Americans think about anymore. Thanks to the vaccine, it has been eliminated in the United States (though there was a small outbreak in 2005). And as recently as 2010 it was on track to become the second disease afflicting humans (after smallpox) to be wiped out entirely. However, as of last year, 16 countries still reported cases of this incurable disease, according to the U.S.

Centers for Disease Control and Prevention (CDC).

Ann Lee is determined to keep those numbers from climbing. But it's not easy. She believes that she is afflicted with post-polio syndrome (PPS), a progressive condition that causes muscular weakness, pain, and exhaustion for up to 25 percent of polio sufferers.

PPS can affect the nerves that control muscles and contribute to

the rapid aging of those muscles, according to the CDC.

"I'm afraid of PPS," says Ann Lee. "But I try not to let the fear control me."

Near her home in South Berwick, Maine, she practices yoga, gets massages, and swims to help herself cope with the symptoms. And she endeavors to stay upbeat:

"I'm not a 'woe is me' person. I live in the moment. And I believe in what I'm doing. Sometimes I think I got polio for a reason. It has given me more drive, more determination."

