



THE ROTARY CLUB OF SIMI VALLEY

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THE EMPEROR TRIES TO IMPRESS



Enterovirus, Poliomyelitis, Picornaviradae

In recognition of World Polio Day—the Emperor's *Health for Self* tip focused on Polio. It was also an opportunity for the GOOD Doctor to impress the club by using big words (he openly admitted to this). What did we learn about Polio—it has been around since recorded history, in the 1950s pandemics spread through out the U.S. each summer leaving tens of thousands paralyzed, the virus attacks children ages six months to four years, Polio can hide from the population, the virus gives off flu like symptoms—fever, sore throat, runny nose and fatigue, the virus causes weakness in the muscles—legs more than arms, and the Polio vaccination is the only effective way of getting rid of the virus. Jonas Salk created the inactive vaccine in 1955 and it was Albert Sabin who created the live vaccine in 1965. Rotary is in the Polio Hall of Fame...Thanks to Rotarians like Anil Garg for making this possible.

Business Coach Tom Henschel Touches on the 10 Golden Rules of Networking

What's the best way to network? Business Coach Tom Henschel says "just meeting someone, wherever you are ...that's the best networking." He added that there is an art to "tooting your own horn, without blowing it." Networking is not for everyone, but Henschel offered the 10 Golden Rules of Networking to help anyone struggling become a better networker.



1. Networking is about planting, not hunting. —Building relationships—takes time, patience and persistence.
2. Be of service. Add value. —What can you do for the other person? Adding value distinguishes you from everyone else.
3. Be professional. —Setup a professional email address, website, Facebook page.
4. Go native. —Look like the job you want, dress the part for the position you are seeking.
5. Be prepared. —Networking can happen anywhere. Have a pen, business card; and be ready to build a relationship.
6. Craft your elevator speech. —When they ask what do you do, be ready to answer.
7. Be positive. —Don't complain—be positive always.
8. Share the air time. —Ask about the other person. 50% talk from you is okay, 85% is not.
9. Follow up consistently. —Thank you notes are still fashionable.
10. Dig your well before you're thirsty. — Networking is its own job; it takes attention and effort.

Celebrating Birthdays, Anniversaries and Club Anniversaries

Birthdays

Sharon Lorkowski 11/05

Dana Apple 11/09

Dee Dee Cavanaugh
11/09

Antoinette Cox 11/11

Deb Holler 11/12

Darryl Nind 11/20

Brian Payne 11/20

Spouses Birthdays

Becky McGuigan 11/01

Anniversaries

Mike and Becky McGuigan

? years ?????

Pete and Carol Stong
46 years 11/21/70

Gary and Peggy Spellman

55 Years 11/25/61

Terry and Chip Marvin

24years 11/26/92

Club Anniversaries

Joe Lansden 38 years

Jack Parfitt 34 years

Gary Seaton 24 years

Darryl Nind 4 years

Lew Fry 15 years

Dee Dee Cavanaugh

20 years

***"No-one has ever be-
come poor by giving."
Anne Frank***

Student of the Year



Laura Stuck—Future Rotarian

Laura Stuck is very deserving of the Student of the Year award. She attends Royal High and has a 4.0 grade point average. She is president of the French Club, has been a Girl Scout for 12 years and always has a smile on her face. For fun she enjoys backpacking, playing the piano and painting and drawing. Congrats to Laura!!!!

Happy Bucks for Student of the Year, World Polio Day and more.....

Bob H. acknowledged the STOY and was happy for his birthday wishes, Keith M. was happy for World Polio Day, Josie was especially happy to be safe after her wreck, Ginny saluted June and her family for a beautiful service for their son Tony, she was happy for the celebration of her twin's birthday, brother's visit and hopeful that her son gets the job he applied for (a paid position).

Sharon L. was happy Sasha learned how to ride a bike, Dan was happy for the STOY and his mom's 86th birthday-she's still driving and dancing. Anil was happy for the STOY, World Polio Day, and his successful back surgery. Sharon A. was happy for the STOY, upcoming Youth Summit and for feeling better after her visit to the emergency room. Kate announced she's happy to be a new homeowner, Lew Fry reported his wife left him -AGAIN and he was happy for World Polio Day, Matt said the Library's event at the Junkyard was successful, Coleen was happy for the speaker.

Lynne dropped in a buck for John L. and Allan for their good behavior (she was sitting between them), John L. was happy for the STOY, his successful trip, the wheel chair project and for Bob's birthday. Allan acknowledged the STOY and her mom, Becky was happy for the STOY, Bob's birthday and World Polio Day, and Jonathan was happy for the STOY—he warned the club to be nice to this future doctor), for Bob's birthday and for Rotarians for serving humanity.



**I want change
back—PLEASE!**

World Polio Day Proclamation

The Simi Valley City Council presented all three Simi Valley Rotary Clubs with a special Proclamation in recognition of World Polio Day. Lots of Rotarians were on hand for the reading of the Proclamation by Mayor Bob Huber during the City Council meeting. It was a double special recognition for our club when the Mayor, and Mayor Pro Tem, Keith Mashburn presented the Proclamation to the full club and acknowledged Anil Garg for his extraordinary and selfless commitment to eradicating Polio worldwide. Anil has led nearly 20 NID teams to India and Nigeria.



A Few Announcements

We Met the \$26.50 Challenge—100% Club Participation

YES—November 12—see Sharon L.; National Conference—June 10-14, Registration is Open –see Michele H.

