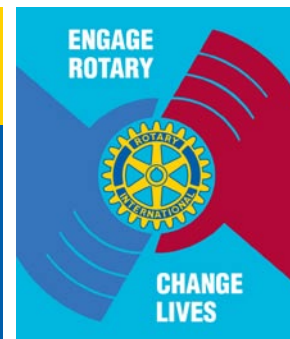


ROTARY SPOKES

The Weekly Bulletin of the Rotary Club of Ventura, est. May 1, 1919



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Chris Figureida: From Death Valley to Mt. McKinley

We welcome back one of our favorite speakers today, Chris Figureida. He has had a long relationship with our club, helping with the Polio Plus program, along with his own organization, Cycle for Heart. He has thrilled us with his improbable marathon and death-defying exploits and today will be no different: his presentation will be about his recent 5 month, 7,700 mile, round trip ride from Death Valley, California to climb Mt. McKinley in Alaska.

Chris is not your average 32-year-old welder. In April of 2007, he rode a bicycle across America to raise kids' awareness about heart disease. Cycle for Heart has been so successful that come this Spring, he will attempt his 8th cross country ride.

Chris is a dedicated volunteer for the American Heart Association and uses his physical prowess to help kids make healthy lifestyle choices. During his cross-country bicycle treks, he visited schools, elected officials, and government offices in 42 states; speaking about healthy and active lifestyles and explaining why physical activity is important. The next Cycle for Heart will cross the country in a different direction -- from San Diego CA to Jacksonville FL.

Who better to bicycle across America touting an active lifestyle than a would-be Indiana Jones whose passport stamps exceed his age? Physical activity is something that was always part of Chris' life growing up in Ventura, California. The 32-year-old's adventuresome spirit has led him to distant places – riding elephants in Thailand; hiking the Inca Trail to Machu Picchu, Peru; watching the sunrise from Mt Kilimanjaro in Tanzania; soloing the 22841 foot peak of Mt. Aconcagua; and riding his bicycle 1,800 miles from Canada to Mexico in 21 days.

“I am very fortunate that healthy habits are something I grew up with,” Chris says, “I know that’s not the case for many kids.” He decided to put his good health to work educating others about healthy lifestyle choices. Chris



Chris Figureida pauses on his trek through Alaska.

notes, “It seemed like a bike trek would be a good way to draw attention to the importance of physical activity in reversing the trend of childhood obesity.” He went to work putting together the inaugural Cycle for Heart, which was a two-month long, 3,746-mile trip from Ventura, California to Lubec, Maine. He secured sponsors and mapped out visits to schools, state capitals, and city halls along the way.

In addition to promoting the American Heart Association, which seeks to build healthier lives free of cardiovascular diseases and stroke, Cycle for Heart seeks to promote Rotary International and the Polio Plus Program. During his next ride, and on top of his meeting with schools and state officials, Chris will be speaking to Rotary Clubs across the nation to raise funds for the fight against polio.

To find out more about Chris and Cycle for Heart, please visit www.cycleforheart.org.

Recap of October 30 Meeting

A Scottish prayer for Halloween was offered by Jim Deardorff. In honor of the end of the World Series, the song was "Take Me Out to the Ball Game," led by Staci Johnson and Clyde Reynolds.

It was announced that our annual Ventura Rotary Club Christmas Party will once again be hosted by the generous Ann Deal at her home on December 6, 2013 at 5:30 p.m. The annual Childrens Christmas Party will take place December 11. Look out for the sign-up sheets over the next few weeks. Kristin Taylor announced the distribution of containers for Coats for Kids has happened and the clothes should be coming in soon.

A special treat for us, two young ladies from Ventura High School, Viri Rocha Dannenberg and Gaby Stefani performed the duet "For Good" from the musical Wicked. They were promoting an upcoming musical performance of VUSD's All-District High School Show Choir. They did a great job!

For her fining session, Brenda Allison recited song lyrics and had club members identify the song and artist. Saurabh Bajaj, in his Rotary Moment, spoke of his family's involvement in the recent Color Run. He was able to share with other participants the work of Rotary and how they were helping in our efforts.

In his Happy Dollars Jorge Arman celebrated exactly 50 year anniversary of being in Ventura

Program

Dave Loe introduced the speaker, Rudi Schreiner, the President of AmaWaterways. Dave writes a travel column and learned about Rudi pioneering efforts in European riverboat tourism and the fact that he lived in Ventura County.

Rudi is originally an Austrian and eventually settled in Southern California in 1979. He had travelled the world extensively when young and decided to start a tour company in 1982 catering to students.

He cited the importance of the 1992 completion the Rhine-Danube canal. This opened the network of cruising from the North Sea to the Black Sea. He helped develop the massive riverboat cruising network and worked for Uniworld and Viking. Ten years ago he began

Today's Program

Chris Figureida

Introductions: xxx
Rotary Moment: Dale Jaedtke
Finishing: Terry Schaeffer

Future Programs

Nov. 13 State of the Post Office
Nov. 20 The Campus Point Murder

AmaWaterways and has hosted over 400,000 passengers in waterways that also include Southern France, Russia, Africa and Vietnam.



Rudi Schreiner, guest speaker, shares the fun of European Riverboat cruising.

**Ventura Rotary Club's
Holiday Party**
Friday, Dec. 6, 5:30 p.m.
Ann Deal's House
Bring your favorite holiday dish to share!



Staci Johnson is the latest addition to our songleaders!

**The
Collection
Sites
are now
OPEN!**

**Spread the
Word, share the
video, collect
the coats!**



Saurabh Bajaj relates his participation in the Color Run for his Rotary Moment.



Viri Rocha Dannenberg and Gaby Stefani delighted the crowd with the duet "For Good"



Mike Anderson takes charge from the podium.

NEW MEMBER PROPOSAL

The following is proposed for membership:

- **Jerry Bloom**, proposed with classification of "Christianity-Evangelical" by Rob Orth.

If you have any objection to membership of this individual in our club, please contact the President or Secretary in writing within seven days.



On World Polio Day, Rotary Spotlights the Fight to End The Disease

On October 24, a special live presentation, “World Polio Day: Making History” showcased the progress of the Global Polio Eradication Initiative. Co-hosted by Rotary and the Northwestern University Center for Global Health, the 60-minute program took place before a live audience at Northwestern’s Chicago campus and streamed online to viewers worldwide.

RI President Ron Burton kicked off the event by noting that Rotary began immunizing millions of children against polio in the 1970s, first in the Philippines and then in other high-risk countries. “Polio rates in those countries plummeted,” Burton said. “As a result, in 1988, Rotary, the World Health Organization [WHO], UNICEF, and the US Centers for Disease Control and Prevention came together to launch the Global Polio Eradication Initiative. More recently, the initiative has benefited from the tremendous support of the Bill & Melinda Gates Foundation . . . It is so very important to finish the job.”

Dr. Robert Murphy, director of Northwestern’s Center for Global Health, emphasized that polio eradication “is completely doable. . . . [It] will result in preventing billions of cases of paralysis and death, saving billions of dollars, assuring that no parent in the world will have to worry about this terrible disease ever again.”

Dr. Bruce Aylward, assistant director-general for Polio, Emergencies, and Country Collaboration at WHO,



Emmy Award-winning actress Archie Panjabi (right) and event moderator Jennifer Jones challenging everyone to play a part in the global effort.

emphasized that the global fight is winnable, noting that the number of cases in the endemic countries –Afghanistan, Nigeria, and Pakistan – is down 40 percent in 2013, compared to the same period in 2012. He also said that the type 2 wild poliovirus has been eradicated, and said November will mark one year without a case of type 3 virus anywhere in the world. Aylward also pinpointed challenges to the global initiative, including the outbreak in the Horn of Africa with 200 cases. Because of the strong response to the outbreak, however, the region “is again rapidly becoming polio free,” he said. Moreover, the polio endgame strategic plan, if fully funded, is equipped to stop such outbreaks.

Membership Updates:
The following member has recently left our club:

Ginger Lynch, Sep. 30.

Upcoming Events
December 6;
Club Holiday Party

December 11;
Children’s Holiday Party

- November Birthdays**
Steve Warriner, Nov 01
Ed Summers, Nov 03
Gary Wolfe, Nov 03
Jeff King, Nov 04
Ajay Keshap, Nov 13
Sheila Fattarelli, Nov 16
Ed McCombs, Nov 16
Tom Wolfe, Nov 18
Mark Sauer, Nov 28
Terry Schaeffer, Nov 28

- November Anniversaries**
Steve Doll, Nov 10
BJ Jelaca, Nov 15
Steve Bradvica, Nov 17
Daniel Holmes, Nov 20
Gary Wolfe, Nov 27

 Rotary Club of Ventura Club #691 Ron Burton Rotary International President Jack McClenahan District 5240 Governor Irene Henry Club President venturarotary.org  Find us on Facebook	OFFICERS	President Irene Henry President Elect Rob vanNieuwburg Secretary Jim Deardoff Recording Secretary * Christina Rust Treasurer Connie Young Assistant Treasurer * Mark Sauer Immediate Past President Indy Batra *Non-Voting Position
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