

Rotary Club of Arlington



Hubcap

The Official Weekly Publication of the Rotary Club of Arlington

April 1, 2021

In this edition: [Zoom meeting link](#), *Three Minutes for a Dog*, club social info., and more...

President's Message

By Susie Wine McAlister



In a recent letter to club presidents, RI President Holger Knaack addresses the need for Rotarians to be involved, where possible, in efforts against COVID-19. Below are excerpts from his letter:

"In these difficult days, we are so heartened to receive such uplifting reports on the unrelenting efforts of our Rotary members who have responded in their communities against the COVID-19 pandemic.

"Today, the single question we hear time and again is, "Are we getting involved with COVID vaccination?"

"The answer is yes.

"This does not mean we will deviate from our commitment to eradicating polio, which remains our highest priority and continues to be our only corporate program. Polio vaccinations must continue unabated, as must our effort to raise \$50 million per year for this effort.

"But now, COVID-19 vaccines are becoming available around the world, and our members have an important role to play.

"We ask you to encourage your club to:

Use Rotary's knowledge of vaccine safety and efficacy based on our polio eradication experience to support vaccination efforts in your communities. This will need to be tailored to local contexts to address unique cultural and regional needs.

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THIS WEEK AT ROTARY

**Ryan Dodson &
Alex Bryant**

"Downtown Arlington"

COMING SOON

April 8 [Dr. Jim Quick & Jeff Whitfield](#) [Rotary Peace Fellowships](#)

April 15 [Allen Tappe](#) *Connection in a Disconnected World*

IT HAPPENED LAST THURSDAY

By Heather Kipker

President Susie McAlister called to order the Rotary Club of Arlington meeting held via Zoom on March 25, 2021. Peter Scott opened the meeting with prayer and the reciting of the "Pledge of Allegiance." Donna Mack led the Club in the singing of "God Bless America."

We had several visitors to hear from our program speaker, Paul Alexander.

Fred Griffith announced an upcoming service weekend for "Unite Arlington". It will be held April 16-18th. He offered two ways to get engaged: by registering to participate and serve and by providing projects. The bigger the better! You can

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As vaccine distribution begins in your country, partner with local organizations or health authorities to offer your club's support with vaccination efforts as required.

Help combat the powerful, growing force of vaccine resistance and misinformation. Advocacy in our communities is critical — we need to spread the message about the power of vaccines to protect lives.

Stop the spread of COVID-19 by continuing to engage in projects supporting mask-wearing, distancing, proper hygiene practices, and donations of personal protective equipment — before *and* after vaccination."

Let us continue the fight against Polio and COVID-19.

Susie Wine McAllister
President, 2020-21



Rotarians Sarah, LeeAnne, Susie, Charlie Knotts, and Jill help distribute food for Arlington Charities with a community service day.

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go to unitearlingtontx.org to learn more. Diane Patrick reminded everyone of the upcoming social event, Friday, April 23rd for a Happy Hour on the patio at Urban Alchemy. Vera McKissic will host a new member orientation on April 1st.

Kurt Bartley wished a Happy Birthday to Rotarians Bonnie Harris, Meg Wells and Marcelo Cavazos. Kurt also recognized Rotarians with an anniversary this week: Blake Kretz and Jerry McCullough.

Steve Brooks introduced our program, Paul Alexander, author of *Three Minutes for a Dog: My Life in an Iron Lung*. Paul Alexander is one of the last living polio survivors living in an iron lung.

Paul's friend of fifty years and a retired nurse, Paul Brown, opened up the program giving an in depth description of the disease, polio. Paul started by quoting Paul Alexander: "contrary to popular belief polio is not extinct." Polio is spread from hand to mouth contamination, attacking nerve tissue. Consequently, it attacks all age ranges but specifically children. There are three strings or "types" of the disease. One, mild infection, which could be 95% of the population. While these victims are asymptomatic the disease is spreadable for up to two weeks. Second is a moderate form of the disease. The third sort of case, Paul's case, is Bulbar polio. Bulbar goes through the spinal cord and paralyzes its victims 100 percent. The survival rate is less than 5 percent. Before turning the program over to Paul Alexander, Paul Brown mentioned that in 1921 a Dallas Rotarian and orthopedic surgeon, William B. Carol, teamed up with the Scottish Rite Masons and together they founded Texas Scottish Right Hospital for crippled children. In 1921 80 percent of the caseload at Texas Scottish Right hospital was children who were victims of polio. The hospital was a therapeutic success and is a great accolade for all Rotarians, particularly those in the Dallas-Fort Worth area.

In 1952, six-year-old Paul Alexander of Dallas, Texas developed polio. Early symptoms included body aches and high fever but he quickly lost his ability to walk and, eventually, to breathe. For treatment Paul was placed in an iron lung, which he was only expected to remain in for a few weeks. After 1.5 years in the hospital Paul was sent home in the iron lung with the assumption that he was going home to die. Paul is now 74 years old and is still beating

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Paul Alexander related some his journey through life in an iron lung resulting from contracting polio at age six. You can learn more of his story from *Three Minutes for a Dog: My Life in an Iron Lung*. Contact Steve Brooks to purchase a book.



Paul's friend Norman Brown gave some medical and historical context to Paul's story.

the odds.

At eight years old, Paul learned how to frog breathe. This is where you swallow air into your lungs. One of Paul's physical therapists challenged Paul to frog breathe for three minutes and promised to award him a dog if he was successful. Learning this technique gave Paul the ability to breathe outside his iron lung for up to four hours. This is the experience from which he derived the title of his book *Three Minutes for a Dog: My Life in an Iron Lung*.

Paul quickly learned that he had to do work that involved his mind. After receiving not only his bachelor's degree he went on to get his law degree. Paul practiced law in Dallas up until the last few years during which he has been confined to his iron lung.

Paul's program was inspirational and encouraging. He proved that anyone can overcome obstacles. What a courageous life Paul has led!

In honor of the program and Paul Alexander's book *Three Minutes for a Dog: My Life in an Iron Lung*, President Susie announced that the Rotary Club of Arlington will provide Paul's book to every city of Arlington public library.

Kris Landrith gave The Last Laugh.

President Susie recited this week's quote and led Rotarians in the Four Way Test. We were then adjourned. 🍷

MISS THE LAST MEETING?

The recording of the last Zoom meeting can be viewed for a limited time by clicking

[HERE](#). Passcode: G3EE0#5M

ZOOM LINK FOR OUR NEXT MEETING

Click This Link to Join Our Zoom Meeting

<https://us02web.zoom.us/j/88294278772?pwd=QytrelQ3bitINVFEed2xKVFlaNjNtQT09>

Meeting ID: 882 9427 8772

Passcode: 1923

One tap mobile

[Rotary Club of Arlington](#)

[Social at Urban Alchemy](#)

April 23

5:30 to 7:30

403 East Main Street

[Click Here for more details and to Register](#)



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BIRTHDAYS

Bob Cooke Birthday Fund
March 28 – April 3

March 28 Bob Matasso

April 1 Tom Long

April 3 April Pettitt

Our club has a tradition of writing birthday checks to the **Rotary Foundation** in the amount of the number years they are celebrating (or rounding it up a little higher if they chose). The gift sent to the **Rotary Foundation** goes into a pool that eventually funds our club grants and also earns you points toward your next Paul Harris pin. Checks can be mailed to Sally Hopper, 3409 Viscount Drive, Arlington, TX 76016. (Please note this is the **Rotary Foundation** not the Arlington Rotary Foundation. Thanks!)



CONGRATULATIONS!

Rotarians celebrating their club anniversary of "Service Above Self."

James McCroskey	9 Years	March 29, 2012
Stu Reichert	4 Years	March 30, 2017
Joy Bates	5 Years	March 31, 2016
Deborah Coppola	5 Years	March 31, 2016



Here's How Amazon SMILE Purchases Can Benefit the **ARLINGTON ROTARY FOUNDATION**

Shop Amazon Smile and designate Arlington Rotary Foundation as the beneficiary, then a portion of your purchase will go to our foundation. **Do this today**, so our foundation will benefit from your Amazon Prime purchases.

EACH ONE BRING ONE



"He who believes is strong; he who doubts is weak. Strong convictions precede great actions."

Louisa May Alcott



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