



THE SUN LIGHT

THE ROTARY CLUB OF GEORGETOWN - SUN CITY
District 5870 TUESDAYS 12 NOON
Cowan Creek Amenity Center, Cool Spring Way
November 30, 2010

~~ NOVEMBER IS ROTARY FOUNDATION MONTH ~~

Words to Ponder:

There are people who instead of listening to what is being said to them are already listening to what they are going to say themselves.

Presiding Order:

Prayer: Al Cummins
Pledge: Lou Gibson
4-way test: John Rouse

Guests: Pete Snelson
Melody Roski

Visiting Rotarians: Susan Snelson
Bob Elam

Last Week: by Lou Gibson

Bill Bryce presented a program on finding prospective new members for the Sun City Rotary Club. First he passed out a sheet of paper with lines numbered from 1 to 32 and asked each member present to use the first 5 lines to write ones name, wife's name, address, telephone number and e-mail address.

He then proceeded to complete the remaining 27 lines by suggesting that we write down names of neighbors, friends, people with whom we do business, doctors, lawyers and many other categories.

He then ask us to circle the names of individuals on our list whom we would consider good Rotary prospects. Bill then collected our papers with a view of having the membership committee follow up. He gave examples of Rotary clubs that have used this method for substantial growth in membership. I believe Bill's idea has great merit.

Today's Programme: **Mark Ramsay** will introduce Randy Morrow who is with the Parks & Recreation Department for the City of Georgetown

News: 39 members attended last week's meeting and many were happy to enjoy Thanksgiving with their families – and the **Nemecs** served a splendid turkey dinner with all the trimmings.

Gary Brown and his wife, Sue, have celebrated their 34th wedding anniversary; and **Norm Peters** has just had a birthday. **E.C. Deaton** and his wife, Jackie, were thanked once more for hosting the Breakfast With Santa social.

Members continue to sign up for various jobs associated with our Christmas fundraiser, but if **you** haven't signed up yet – please do so!

Dates to Remember:

Nov 29 - Dec 10: Shopping at Walmart
Dec 11: Breakfast With Santa at Fire Station #1
Dec 14: Wrapping of presents **and meeting** at Georgetown Community Center
Dec 18: Delivery of presents

Dec 21 and 28 No meetings

PLEASE NOTE: Below are the most recent additions to the rosters. If you see your name – make a note of the date! If you are unable to be at the meeting date on which you are scheduled, please advise Tom Minor.

Future Programmes:

Today	Mark Ramsay
Dec 7	Bob Selman
Jan 4	Bob Smith
Jan. 11	A program on Shelter Box presented by Anthony Thompson
Jan. 18	Harold Steadman
Jan. 25	David Stuetelberg
Feb. 1	Bob Weimer
Feb. 8	Dick Will
Feb. 15	Adaire Wolf
Feb. 22	David Wolf
March 1	Dick Retz

Programme Chroniclers:

Today	Gary Brown
Dec 7	Tom Hobbs
Jan 4	Herman Knodel
Jan 11	Harold Lawless
Jan 18	E.M. Lawrtence
Jan 25	David Leas
Feb 1	Don Mabray
Feb 8	Chuck MacKay
Feb 15	Jamie Mattison
Feb 22	Chris Mealy
Mar 1	Renée Mercier

Polio's Second Act

Some who survived the disease decades ago are now facing a crippling syndrome. It has been 26 years since the syndrome was identified, but many doctors don't know how to diagnose or treat it. Because polio is viewed as a conquered disease in the USA, its aftermath has been relatively unexplored in the research and medical schools.

Post-Polio Health International, which works with the Rotarian Action Group, addresses the dearth of information through a network (www.post-polio.org) which connects patients with each other and the few health professionals experienced in treating the condition.

While Rotary's eradication efforts have dramatically slowed the rate of polio infection, the World Health Organization estimates that survivors number between 10 and 20 million worldwide.

Most common symptoms in people with Postpolio Syndrome:

- Fatigue
- Muscle pain
- Joint pain
- Weakness in previously affected muscles
- Weakness in previously unaffected muscles
- Intolerance of cold
- Muscle atrophy

Most common challenges for people with with Postpolio Syndrome:

- Walking
- Stair climbing
- Dressing

