This month I want to talk with you about something very near and dear to my heart: The Rotary Foundation. You see, Jim and I have had the opportunity to see and be part of some of the incredible work the Foundation has enabled Rotary to do in the world. In fact, the theme for my year grew directly out of the powerful experiences that we have had in international service. In each case, it was the eyes of those whom we touched that told us all we needed to know.

I’ll never forget the lady in Peru. The pain in her eyes turned to tears of joy as she told us through a translator that she had been waiting for this day for five years. I’ll never forget the group of young girls, all whose growth had been stunted by disease. They looked at us in anticipation which turned to joy. Their eyes actually smiled.

I’ll never forget the days we spent immunizing children in India against polio. Parents and siblings brought their young to us so we could give them those precious two drops. The trust in their eyes as they lifted their children to us, strangers who had come from halfway around the world, told us everything we needed to know. I’ll never forget the young lady who followed us around for two days.

She kept staring at me; at least that’s what I thought she was doing. Then I realized that she was actually staring at the red End Polio Now pin that I was wearing. As we neared the end of our project, I took off the pin and pinned it on her. Her eyes told me how much that meant to her.

I’ll never forget our trip to the favelas in Brazil. Several of you were with us as we distributed water filters to the residents. Some had received filters earlier so the residents knew the benefits, and the eyes of those awaiting this precious gift were filled with excitement and anticipation. That soon turned to gratefulness as they hugged their new treasures to their chests.

But there’s more. Jim and I give to the Rotary Foundation not only because of what it can accomplish, but also because of its outstanding record of stewardship. Charity Navigator gives The Foundation its highest ranking, and I know that over 90% of the dollars I contribute are going to projects that make a positive difference in our world. If you are not a regular contributor to The Foundation, I invite you to give serious consideration to what your gift—no matter what the size—might do to further these efforts.
Global Grant District Scholar Stasha Malcolm Honored

By Bill Wagner

Stasha Malcolm, one of Rotary District 5180’s three Global Grant District Scholars for 2016-2017, is currently studying for her Masters in Science in International Studies in Chiang Mai, Thailand. Her host club is the Chiang Mai International Rotary Club, which is an English speaking club in Thailand. In October, the District Governor of Rotary District 3360 visited their club, and presented Stasha with her Paul Harris Fellow award.

This award was donated by one of the members of District 5180 and sent to the club in Thailand as a surprise gift to Stasha. She exemplifies all the characteristics of a fine Rotarian. She is very involved in establishing a youth ASEAN group in Thailand and is working with refugees in Myanmar and Laos. She is sponsored locally by the Oroville-Sunrise Rotary Club. Congratulations to Stasha!

Newsletter Submission

*Power Forward* is being produced to highlight some of the great projects and activities put together by the Rotary clubs and committees in District 5180. All clubs and committees are welcome to submit articles to the interim editor Jim Tracy at james.tracy09@comcast.net. The deadline for submission of articles is the **24th of the month** preceding publication, and pictures that illustrate the article add interest and are always welcome. A limited number of flyers may be included at the end of each newsletter.
In Africa and much of the third world, water is life. Twice a day, before breakfast and before dinner preparation, children as young as five years old will carry a water container to the village well, wait in line to use the village hand pump to fill their water container, and then carry the water back to their family. The distance to the closest well will be two miles or more. And the wait in line to use the well may well be one hour or more. By the time the child is ten years old, he or she will be carrying a five-gallon container. A five-gallon container of water weighs 41 pounds.

The child’s back often is damaged for his or her lifetime. The child’s entire family lives on that ten gallons of carried water. Here in the US, a family averages 100 gallons of water per person per day – excluding water used for watering the lawn and other niceties. So, a family of four in Africa gets by on ten gallons of carried water, and a family of four in the US gets by on 400 gallons of water from the tap.

And even worse, according to a recent UNICEF survey, 65% of their drinking water comes from unprotected, i.e. unclean, sources. And flush toilets are virtually non-existent. So, cholera, dysentery and malaria are major problems. Liberia has the highest infant and maternal mortality rates in the world. In addition to disease problems, this often means children don’t have time to attend school, and the economies suffer because of lost work days.

We can be proud as Rotarians of the effective clean water projects in Africa and elsewhere that Rotary Clubs complete with supportive global grants from the Rotary Foundation.

We in Rotary District 5180, in partnership with clubs in Rotary District 9101 in West Africa, have participated in one of the first major clean water projects. (continued on next page)
Our project worked in a region of more than 29 villages, with a population of 78,000 people. We found that 64% of the village water wells were inoperative, often just needing new ‘O’ Rings and ‘U’ Seals – costing a few cents in bulk but about $2.50 when purchased locally. Our grant provided 2000 ‘O’ and ‘U’ Seals.

The approved goal of our Global Grant was to provide clean water to 5,000 villagers. With just the ‘O’ rings supplied, we put ten villages’ wells back into service, providing clean water for about 10,000 people, doubling the goals of the grant, even before drilling new water wells.

Villages in our region are listed in the survey below, with the name of the village chief, the village’s population and number of homes. The highlighted villages were first priority villages, with either the fewest operating pumps per person (meaning the longest lines) or the village had no pumps so the children had to walk the longest distance.

Our grant provided equipment and training to villagers so they could drill their own wells and install new village pumps.
School children were excused from school to watch the well drilling. Note their school in the background.

Completed well at the well dedication. This well is located between the school and the adjacent village medical clinic. It will serve 2,500 people with clean water.

Villagers gather by the water for Village Wash Day
Meet Ray Ward

Ray Ward has seen Jimmy Buffett perform over 30 different times in 11 different venues, the most recent in October at the new Golden One Arena. Yes, Ray is a HUGE Jimmy Buffett fan. In fact, Ray says he enjoys concerts of all types, but right now, like many dedicated Rotarians, most of his free time is spent working on Rotary. The current Membership Chair and an Assistant Governor, Ray works with his committee to help clubs increase their numbers and also serves as a resource to the Area 8 Presidents. He has also served on other District committees: Public Image, STRS, Technology, and Youth Services. He also served as a RYLA counselor and was the 2015-16 District Conference Chair. Currently a member of the Fair Oaks Club, his past Rotary club level experience includes his membership in the Rocklin-Loomis Basin Club, serving as the 2010-11 club president, and chair or member on a number of club-level committees.

When asked about his most memorable Rotary experience, Ray quickly responded that it happened shortly after he joined Rotary and was all about his daughter Alyssa. Specifically, he remembers a time when she was nine and was working with Ray’s club doing a clean-up project. Ray suddenly looked around and found her missing. He kept looking and finally found her with another Rotarian. When asked what she was doing, she innocently responded, “We’re finding treasures.” It wasn’t long before she was missing again, but Ray didn’t panic. He went looking again, and guess what? He found her with another Rotarian. It was at that point that Ray realized why he was a Rotarian and what an incredible environment Rotary provided.

Another experience that made him realize the impact Rotary had on youth happened at RYLA when he served as a counselor. He remembers one kid in particular—the captain of the football team and eventually class valedictorian—who on the surface seemed to have everything going for him, yet as Ray learned, his home life was far from perfect. He was amazed at how this young man had overcome the negative pieces in his life to achieve so much at a young age, and Ray says that several years later, they still keep in contact through Facebook.

Ray feels strongly that it is important to get our kids involved in the Rotary experience. He again cites his own experience with Alyssa and says that she was involved in just about every community project or fundraiser his club did. At the age of 12, she ran two committees at their crab feed fund raiser and developed her leadership skills through those experiences.

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Alyssa is now a freshman at Chapman University, and while she is enjoying college, she has decided that she does not like Southern California. Ray is not sure how that decision is going to affect her future since she at one time expressed an interest in eventually working for Disney.

Ray and his wife Gena just celebrated their 20th wedding anniversary. He shared that they met in a rather unusual way. They were actually next door neighbors in Southern California but didn’t know each other until the Northridge earthquake. Ray says it was quite a jolt since he lived ten miles from the epicenter. At 4:30 am, he was shaken awake but couldn’t get out of his water bed because the water was swaying back and forth so strongly.

In recalling his youth, Ray shared that, as a “Marine Corps brat,” he attended nine different schools between kindergarten and high school graduation. He says he thought nothing of it because he knew nothing else, but one would imagine that experience taught him to be flexible. Later, he earned a Bachelor’s degree in Business Administration from National University, and today, he has his own Health Insurance agency specializing in small group insurance. Yes, Ray is busy, and he shows no signs of letting up. All of us wish him the very best wherever his Rotary and life paths lead him next.

District 5180
Polio Plus News
By Bill Tobin, District Polio Plus Chair

The District Donation Drive for Polio Plus is underway and we’ve already had a great response. All donations are currently receiving a total of 7.5 to 1 match. Be sure to step up your Polio Plus donations to take advantage of the special match, while funds last. We’ve now secured 30K in matching funds!

World Polio Statistics as of 10/28/16

Total WPD polio cases in 2016 - 27
Total WPD polio cases to date in 2015 - 51
Total cases in 2015 - 74

Links and Resources
http://polioeradication.org/polio-today/polio-now/
Polio Eradication from Beginning to End

By Fred Rowe, Rotary Club of Fair Oaks

When the Rotary International (RI) Board of Directors voted just over thirty years ago to make polio eradication the signature international project of the organization, they probably thought it would make a nice accomplishment for the 2005 centennial celebration of their founding. It didn’t quite work out that way, but the progress made in the last thirty-plus years has been remarkable, especially considering that many experts considered it impossible.

How we got here (and where we are)

In the late 1970’s, polio existed almost everywhere on earth, endemic (that is, never eradicated) in 125 countries and crippling an estimated 300,000+ people per year, almost all of them children under 6 years of age. Their only hope to lead a semblance of a normal life was bracing and physical therapy, since there was no curative treatment. In the developed world, these modalities were available, but in developing countries, where the vast majority of cases were, the consequences of this disease were usually tragic, often making the victim totally dependent for life.

In 1979, a couple of notable milestones were reached in public health. First, in December of that year, the world was declared free of smallpox, another disease caused by a virus with two important similarities to polio: both viruses are spread from human to human without any vector, like a mosquito, and there is no disease reservoir other than humans. And second, earlier that year, the last case of wild polio occurred in the United States, the result of a couple of decades of vaccination campaigns.

Also in 1979, the RI Board of Directors was trying to figure out who should be awarded the first 3-H (Health, Hunger and Humanity) Grant, a new large grant program that had been developed over the previous few years. Out of sixteen applicants for this grant, Rotarians in the Philippines were eventually awarded $760,000 to purchase polio vaccine, and they mobilized health care workers and their members and vaccinated 6 million children. Over the next few years, the incidence of polio declined by 70% in the Philippines and efforts were begun by the RI board to take polio eradication worldwide.

In 1988, after a fundraising campaign that raised $250 million, Rotary joined the World Health Organization, UNICEF and the US Centers for Disease Control as the four founding members of the Global Polio Eradication Initiative. Since then, Rotary has donated over $1.2 billion to the effort and participated in the vaccination of over 2.5 billion children around the world. The end result of that expenditure and effort: so far in 2016, there are only 27 cases worldwide and polio is endemic in only three countries, Nigeria, Pakistan and Afghanistan.

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However, as you can see by the accompanying graph, we’ve been stuck with a pretty small number of cases for a pretty long time. What’s the problem? The answer is clearly not technical; if vaccinators were able to easily access the world’s children, polio would have been eliminated long ago. Many of the reasons are probably apparent to anyone who follows world events, military conflicts being the most obvious. But some of the reasons people oppose vaccination may be less apparent, such as political (like fallout from the US’s fake vaccination campaign in Pakistan in an attempt to confirm the identity of Osama Bin Laden), religious (condemned by some Muslims as an attempt to sterilize their children) or social (general opposition to vaccination). Rotarians in the last few endemic countries have worked hard to debunk these fallacies and have been largely successful.

But what may be behind some of the surprising outbreaks in the last few years (20 cases in China in 2011 after almost two decades polio-free) is what might be called “polio fatigue.” After all, we’ve been at this for thirty-or-so years, and 90% or more of the world hasn’t seen a case for ten years or more. It has to be difficult in India to mobilize the assets to vaccinate over 170 million children twice or more a year when the entire country hasn’t had a case in five years. However, the random cases that occasionally pop up in previously polio-free countries serve as evidence that polio anywhere is potentially polio everywhere; one of the most important things that Rotarians around the world can do is to keep the world focused on this task and motivated to complete it.
What now? (And why does it cost so much?)

It’s tempting to ask the question, “If we’re ‘this close,’ why do we keep being asked for money?” The quick answer is that, until three years after the last case of paralysis, and despite the fact that there are only three remaining endemic countries, this is still a worldwide campaign. There are ongoing tasks, potential setbacks, an unwanted “side effect” and some “end game” considerations that account for most of the “closing costs” of eventual eradication.

The first is surveillance. If you want to know that you’ve eradicated a disease, you need a reliable system of reporting and verifying the disease to detect whether it’s present in a certain population. Currently, this system for polio relies on someone alerting a health care provider that a case of “acute flaccid paralysis” has occurred; typically, this is a mother bringing in a paralyzed child. Health care systems in virtually every country are attuned enough to this situation that an investigation begins to determine if there is another cause; if polio is established as the cause, extensive evaluation as to type, etc., is then carried out, and we then hear about another case. However, given that there is only one case of paralysis for every 200 people infected with poliovirus, relying on cases of paralysis to determine the presence of polio in the community is pretty unreliable. And so in many places, especially places where eradication occurred more recently, polio’s presence in a community is searched for by testing raw sewage samples for the presence of poliovirus. It’s not anyone’s dream job, and it requires people and lab facilities, both of which cost money.

Another expense is managing outbreaks. It would be great if these stopped occurring, but if one does, it means that statistically 200 people got infected, something that only happens when immunization levels get low. These are handled by emergency vaccination campaigns in and around the area of the outbreak, often financed by Polio Plus funds from Rotary. Then there is the lingering problem of vaccine-derived poliovirus, an unwanted side-effect of the use of the oral vaccine, which contains a weakened live virus. This virus has the rare potential to revert to an active form and, if immunity levels drop below 50% in a population, has caused paralysis in 1-2 cases per one million doses given; in the past, 90% of these cases were caused by Type 2 poliovirus, an event that will hopefully be eliminated by the switch last April from trivalent vaccine (containing all three types) to bivalent vaccine (containing only Types 1 & 3). So far this year, there are only three cases and they were all Type 1; they occurred in Laos last January. These cases are managed just like an outbreak of wild virus, with an emergency vaccination campaign.

Another way of dealing with vaccine-derived poliovirus, and a relatively costly one, will be the transition to injectable vaccine; although the immunity conferred by this vaccine is not as complete as the oral vaccine, it contains killed virus, making the mutation to active virus impossible. It’s also about ten times as expensive as the oral vaccine and obviously requires someone trained in giving injections, making it more costly to deliver.

The last expense factor I’m going to mention is the fact that “victory” in this fight to eradicate polio can be declared only after a three year period following the last case of paralysis. Hopefully, the anticipation of victory during this time will keep polio fatigue at bay and we’ll celebrate the ultimate success in 2019, or 2020 at the latest.

What can Rotarians do to help?

Be proud that the organization you belong to took this on and persisted in spite of many nay-sayers. Learn about this disease and how the eradication effort is progressing by bookmarking the website polioeradication.org. Pay attention to potential decreases in government spending for polio eradication and advocate with your representatives if needed. And continue to support Polio Plus.

We’re too close to stop now.
Interact at Elk Grove High School

By Bill Tobin, District Interact Chair

Interact Clubs are in full swing, so be sure to recognize them at your Rotary Club meetings.

The Interact District Conference is on November 19 at the CSUS Student Union. Register at https://interact2016.eventbrite.com.

Interact Clubs are required to update their Interact Club information annually at Rotary.org. Failure to do so can result in loss of the Interact Club charter. Please have your youth services chair or Interact advisor update the annual reporting at http://www.rotary.org/myrotary/en/interact-club-contact-information.

Congratulations to Elk Grove High School for starting a new Interact Club sponsored by Elk Grove Rotary!
During Navy Week (Sept. 26-Oct. 2 in Sacramento; Fleet Week in San Francisco), Navy emissaries visited 15 cities, talking about why America needs a strong Navy. Navy Week stops for Rear Admiral Doug “Woody” Beal included Rotary Club of West Sacramento on Friday, Sept. 30.

A slide show narrated by Beal illustrated U.S. maritime superiority. According to his Navy bio, Rear Admiral Beal has accumulated 3,844 military flight hours, 55 combat sorties and 472 carrier-arrested landings. During his presentation, Rear Admiral Beal said the “Hunters” F18 Texas squadron was “the finest” fighter jet squadron he’s commanded in his 30-year career.

Global trade and U.S. jobs were among the reasons Beal cited for why America needs a strong Navy. He pointed out that 75 percent of the earth is ocean and that 90 percent of international commerce relies on Naval protection of maritime commerce lanes. He also noted that 95 percent of Internet traffic travels under the ocean via undersea cables. Navy forces are deployed all over the world, Beal said, adding that the Panama Canal is critical to global trade.

Beal said that six of the Navy’s ten aircraft carriers are at sea at any one time, “launching fighter aircraft; firing cruise missiles, and inserting Navy Seals.” Now in development and utilizing cutting edge technology such as robotics and Artificial Intelligence is the super fast multi mission ship. According to the Navy, the lead ship, the USS Zumwalt, began sea trials in April of this year. The Zumwalt-class destroyers carry crews of 180 each, said Beal. Asked whether these ships carry missiles, Beal nodded and said, “Lots of ‘em. It’s a bad mamba jamba, ladies and gentlemen.”

The Navy’s new “multi mission” destroyer, the USS Zumwalt, boasts advanced features such as long range missiles that reach up to 63 nautical miles. The Zumwalt’s system provides a three-fold range improvement in naval surface fires coverage.

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New West Sacramento Rotary member Chamber of Commerce CEO Verna Sulpizio told Beal that her sister currently attends the Naval Academy and questioned disparities in the uniforms worn by male vs. female cadets. Beal said that’s being changed so as to make the uniforms ... uniform. Beal then got a laugh with his response as Verna added, “When female cadets have to pee they have to take their jumpsuits all the way off.” With a shrug, Beal smiled and said, “I can’t fix plumbing.”

Ike Parsons asked whether the Navy has any female four-star Rear Admirals. Beal said yes and pointed to Michelle Howard as a personal hero. Howard was promoted by the Navy from Vice Admiral to Admiral in 2014, “making her the first female four-star officer in the Navy’s 236-year-history,” according to CNN. Her Navy biography states that Howard “is the first African American woman to command a ship in the U.S. Navy.”

Beal asked for a show of hands of Rotarians present who had served in any branch of the military. Among them, Dick Uno served in France during World War II, and Bob Ceccato was wounded in Korea. Acknowledging them all with a respectful nod, Beal said, “You’re the giants whose shoulders I stand on.”

Multiple Naval officers in crisp white uniforms and other Navy personnel accompanied Rear Admiral Beal at the club’s very well attended meeting. For current Navy news, go to www.navy.mil. For information on Navy recruiting in Sacramento, go to www.navy.com.
Pre-sale tickets are now available for the Rotary Foundation Centennial Celebration Dinner with guest speaker Rotary International President John Germ on May 20th, 2017 at the McClellan Events Center.

District Rotarians have private access to buy tickets. Get the best tables now before sales open up outside our District. This is a special evening of celebration for the Rotary Foundation -- 100 years of doing good in the world! Special VIP reception is available too, but tickets are very limited. There will also be several organizations at the event who are combatting human trafficking and working with our District on a global grant to establish educational awareness to prevent trafficking and help the victims of trafficking.

Tickets for the Centennial Celebration can be purchased at https://5180dinner.eventbrite.com.
Happy Thanksgiving, Rotarians!

Blood Recipients you will never know thank you for your lifesaving gifts.

"Gratitude is not only the greatest of virtues, but the parent of all others."
- Cicero

Recipients above have received blood for a great variety of reasons including childbirth complications, cancer, heart conditions, rare disease, brain tumors, leukemia, marrow and organ transplants, sickle cell disease, immune deficiency, internal bleeding, traumatic injuries, and more! On behalf of patients in need, BloodSource extends a heartfelt THANK YOU to you.
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BLUES & BREWS for Vets

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