

Rotary Club of Sugar House



District 5420 | Salt Lake City, Utah

“Light Up Rotary”

Vol. 60 NO. 1.5

CLUB 1085 SUGAR HOUSE

DIST. 5420

July 30, 2015

www.RotaryClubofSugarHouse.org

Thursday Noon - 2375 South 900 East

OPENING - 12:00 PM

Greeter	Tim Cosgrove
Song	For Me and My Gal
Pledge / 4-Way	Ray Twite
Inspirational Thought / Prayer	Margie Waltz
Guest Introduction	TBD
Sergeant at Arms	Barry Bank

OPENING SONG

Music: Craig Kaelin, Piano
Dave Baranowski, Conducting

Song: For Me and My Gal

The bells are ringing for me and my gal,
The birds are singing for me and my gal.
Everybody's been knowing
To a wedding they're going
And for weeks they've been sewing,
Every Susie and Sal.
They're congregating for me and my gal,
The Parson's waiting for me and my gal.
And sometime
I'm goin' to build a little home for two,
For three or four or more,

WELCOME SONG

Song by Wally Williams (Former Club Member)
Welcome to Sugar House Rotary,
We're mighty glad you are here
We'd like to sing you a long song
But a wrong song might appear
So sit you down and make some
friends today...Right Here!

RCSH

~Dan John~ Guest Speaker

Olympic Lifting Athlete, Fitness Trainer, Author and Weight Pentathlon Champion, Director, and Organizer of American, Highland Games.

CALENDAR

August 6th - Club Assembly (Chili Open)

August 13th - Hutch Hunter

August 20th - Roger Hoole

Sugar House Rotary Club 2014-2015

President -	Don Bean
President Elect -	Ken Simpson
Immediate Past Pres.-	Dan Sundahl
Vice President -	Errol EerNisse
Director -	Todd Suekawa
Director -	Cassie Craig
Director -	Steve Knudson
Sergeant at Arms & Chili Open Chair -	Barry Bank
Secretary -	David Baranowski
Treas./ Exec. Sec.-	Michael Tilton

ROTARY WISDOM

“Friendship is a natural and willing servant....There is no reason...why the great power of friendship should not be harnessed to do its part in the world's work.”

— *Report of the President, 1912
Rotary Convention, Duluth,
Minnesota, USA*



Guest speaker – Dan John

Dan spends his work life blending weekly workshops and lectures with full-time writing, and is also an online religious studies instructor for Columbia College of Missouri.

CAN YOU GO?

Assessment and Program Design for the Active Athlete and Everybody Else.

Can You Go? Answers this question: What do we need to do next?

Training people in sport as a coach or in fitness as a personal trainer is certainly rewarding work. But there's a problem: What do we do next? There are countless books on diet and exercise, hundreds of machines, devices and gimmicks to train people, and new gadgets and gizmos are popping up with every passing day

Appropriate assessment leads to an appropriate answer. When we find a mobility issue, let's focus on mobility work. The same is true for both body composition and strength—we focus on what we need to do, not what we want to do. For the performance athlete, sometimes assessment can be the short, brutal and harsh question, "Can you go?" Lessons from this frankness can be learned by both the coach and the trainer. The deconditioned and the elite share the same basic human body. Our job is to enhance performance and quality of

Nigeria sees no wild polio cases for one year

Today marks one year since Nigeria last reported a polio case caused by wild poliovirus, putting the country on the brink of eradicating the paralyzing disease.

The last case was reported on 24 July 2014 in the northern state of Kano. If no cases are reported in the coming weeks, the World Health Organization is expected to remove Nigeria from the list of countries where polio is endemic, leaving just two: Afghanistan and Pakistan.

Nigeria is the last polio-endemic country in Africa. The continent is poised to reach its own first full year without any illness from the virus on 11 August.

"Every Rotarian in the world should be proud of this achievement," says Rotary International President K.R. Ravindran.

"We made history. We have set Africa on course for a polio-free future. But we have not yet reached our goal of a polio-free world. Raising funds and awareness and advocating with your government are more crucial than ever." Progress in Nigeria has come from many measures including strong domestic and international financing, the commitment of thousands of health workers, and new strategies that reached children who had not been immunized earlier because of a lack of security in the northern states.

"Rotary's commitment has been the number one reason for the recent success in Nigeria," says Dr. Tunji Funsho, chair of Rotary's Nigeria PolioPlus Committee. "We have infected political leaders with this commitment. The government has demonstrated this with political support and financial and human resources. And that went down the line from the federal level, to the state, to the local governments." Nigeria has increased its domestic funding for polio eradication almost every year since 2012, and has

Despite the historic gains in Nigeria, health experts are cautious about declaring victory. Funsho says the [Global Polio Eradication Initiative](#) partners must strengthen routine immunization especially in hard-to-reach areas, in addition to boosting sensitive surveillance to prevent resurgence of the disease. If no new cases are reported in the next two years, Nigeria, along with the entire Africa region, will be certified polio-free. "The virus can be introduced from anywhere where it is still endemic, particularly now in Afghanistan and Pakistan, into areas that haven't had polio in years," Funsho says. "It is important we keep the immunity level in Nigeria to at least 90 percent."

For instance, Syria experienced a sudden outbreak of the disease when 35 cases were reported in December 2013. None had been reported there since 1999.

"Immunizations become imperative for history not to repeat itself in Nigeria," says Funsho.

In June, Rotary announced \$19 million in grants for continued polio eradication activities in Africa, including almost \$10 million for Nigeria. Since 1985, when Rotary launched PolioPlus, the program that supports the organization's polio eradication efforts, its worldwide monetary contributions to the cause have exceeded \$1.4 billion.

"We've come a long way and have never been so close to eradicating polio in Nigeria and around the world, but it's not a time to fully celebrate," says Funsho. "We have some grueling years ahead of us before WHO can certify Nigeria and Africa polio-free."

~A touch of Wisdom~

"Some cause happiness wherever they go; others whenever they go."