



ROTARY GRIQUA

OFFICIAL BULLETIN OF THE ROTARY CLUB OF KIMBERLEY

18 November 2019

<http://rotarykimberley.org.za/>

THIS IS WHAT POLIO LOOKS LIKE

The story of John Nanni, of the Rotary Club of Middletown-Odessa, Delaware

When I was 10 months old, I was paralyzed from the neck down by polio. I had been in the hospital for about a week when my great-aunt came to visit. She was a nun and had spent most of her adult life working as a nurse in a polio ward. She looked at my chart and saw that the doctors weren't doing what they needed to do to prevent my muscles from atrophying. My great-aunt believed in a method developed by an Australian nurse named Sister Kenny. It was a physical therapy program for polio patients that manipulated and stretched the paralyzed muscles.

But at the hospital, they were putting kids in casts. It was the worst thing to do, but they didn't know. Not moving the paralyzed limb caused the muscles to shrink and weaken, and those children had to have many painful corrective surgeries.

After my great-aunt visited, my mom decided to bring me home and perform the Sister Kenny method herself. She said I would wail in pain every time she exercised my limbs, and she had to do it every other hour, all day and all night, for six months. She was pregnant at the time and also had my three-year-old brother to care for. Without her strong will and determination, I never would have walked. I'm blessed that she had the fortitude to do that.

A year later, I took my first step. As I grew up, most people never knew I had had polio. My mom did such a good job, very few of my muscles atrophied. I played baseball, basketball, and football. I worked in restaurants, which is very physically demanding. I started a business. At one time, if you went to a Burger King anywhere between Maine and South Carolina, your receipt was printed on paper from my paper and ribbon supply company.

But when I turned 40, I started to have weakness, pain, and extreme fatigue. It got so bad that I had to retire. I went to 10 different doctors

over two years before a doctor identified it as post-polio syndrome. Hearing "polio" hit me like a ton of bricks. I thought it had come back. But the virus hadn't come back; the muscles that had compensated for my damaged muscles were starting to fail from overuse.

Now I'm in a wheelchair for all but about 200 to 300 steps per day. I'm in the chair to protect my ability to walk. I have to avoid overusing my muscles. I can't lift weights or do resistance exercises. About 70 percent of polio survivors have post-polio syndrome, yet it's still widely misunderstood and often misdiagnosed.

About four years ago, I attached a sign to my wheelchair that says, "This is what polio looks like when a child is not vaccinated." I did it because I want to bring attention to the need to eradicate polio — and to the importance of vaccinations. A lady came up to me at Yankee Stadium recently to ask if she could take a picture of my sign. I said, "Sure, but why?" She said her daughter-in-law refuses to vaccinate her children, and the woman wanted to show her this picture. Here in Delaware, the combined vaccination rate is 77 percent, which is well below herd immunity rates for many diseases. As I've gotten more and more involved with PolioPlus through Rotary, I've become concerned with the declining level of vaccination rates in the United States.

I'm in this chair because there wasn't a vaccine for polio when I got the virus in 1953. But no matter how dedicated Rotary members are to eradicating polio, many of them know very little about the disease. So I'm trying to do my part to educate people about my experience.

There is a lot of suffering for polio survivors. That's why we have to keep fighting this disease. So many positives are occurring in the eradication campaign right now. We are very close to a polio-free world. We have to keep fighting. We have to keep the promise that we made to the kids of the world back in 1985.

ROTARY CLUB OF KIMBERLEY 2019-2020

Chartered 20 August 1951
Rotary District 9370

RI President: Mark Daniel Maloney

District Gov: Jaco Stander

Assistant Gov: Rob Gibson

Club President: Ken Quinn

Club Secretary: Corlia van Tonder

Club Board:

Barry Downs

Gill Quinn

Colleen Fairweather

Peter Thomas

Amanda van Zyl

Bulletin Editor: Peter Thomas

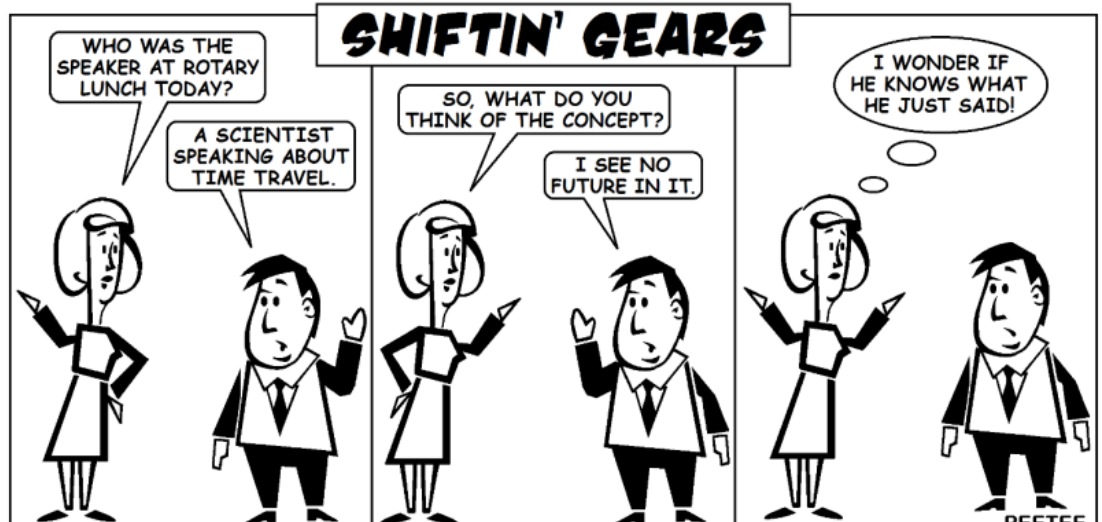
Club Meetings:

Kimberley Club

Mondays 12:45 for 13:00

INFO: 084 688 0508

DIARISE: 9 Dec: Walkabout – Sol Plaatje Univ. (Part 2)



CALENDAR & DUTIES

NOVEMBER

Rotary Foundation Month

- 18 Nov: TREE OF JOY WORK PARTY
Kimberley Club - 12:45 for 13:00
- 25 Nov: BUSINESS MEETING - 12:45 for 13:00

DECEMBER

Disease Prevention & Treatment Month

- 2 Dec: SOCIAL MEETING - 12:45 for 13:00
Guest Speaker to be Confirmed
- 9 Dec: NO LUNCH – Club Walk-About
Sol Plaatje Univ (Part 2) - Details to follow
- 16 Dec: NO ROTARY LUNCH MEETING
- 23 Dec: FELLOWSHIP LUNCH - 12:45 for 13:00
Details to follow
- 30 Dec: NO ROTARY LUNCH MEETING

JANUARY

Vocational Services Month

- 6 Jan: SOCIAL MEETING - 12:45 for 13:00
Guest Speaker to be Confirmed
- 13 Jan: NO LUNCH – Club Walk-About
Details to follow
- 20 Jan: BUSINESS MEETING - 12:45 for 13:00
- 27 Jan: NO ROTARY LUNCH MEETING

“The trick in life is learning
how to deal with it”

Helen Mirren

SUBMISSIONS FOR THE ROTARY GRIQUA
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Disclaimer: The views expressed in this newsletter are those of the editor and the contributors. They do not necessarily reflect the views of the Rotary Club of Kimberley, of Rotary District 9370 or of Rotary International.

DUTIES

*If you are unable to do a duty, please
make arrangements for a substitute.*

WEEK OF 18 NOVEMBER

TREE OF JOY WORK PARTY – No Duties
TUES COFFEE CLUB: Corlia van Tonder

WEEK OF 25 NOV. (Business Meeting)

FELLOWSHIP: Philip Maritz

CORPORAL: Peter Thomas

TUES COFFEE CLUB: NO DUTY

WEEK OF 2 DEC. (Social Meeting)

FELLOWSHIP: Gill Quinn

CORPORAL: Gill Quinn

TUES COFFEE CLUB: Brenda Booth

WEEK OF 9 DECEMBER

CLUB WALK-ABOUT – No Duties

TUES COFFEE CLUB: NO DUTY

WEEK OF 16 DECEMBER

PUBLIC HOLIDAY – No Duties

TUES COFFEE CLUB: NO DUTY

WEEK OF 23 DEC. (Fellowship Lunch)

FELLOWSHIP: Peter Thomas

CORPORAL: Corlia van Tonder

TUES COFFEE CLUB: NO DUTY

CELEBRATIONS

BIRTHDAYS

- 26 Nov Peter Daubney (Honorary)
09 Dec Shirley Maritz
3 Jan Frances Knoke
9 Jan Charles Parsons (Honorary)
15 Jan Maryna Thomas
22 Jan Amanda Van Zyl
22 Jan Herbie Booth

WEDDING ANNIVERSARIES

- 12 Jan Peter & Maryna Thomas
22 Jan Ken & Gill Quinn

INDUCTION ANNIVERSARIES

- 02 Dec 1982 Barry Downs

COFFEE CLUB BIRTHDAYS

- 21 Nov Danie Theron
2 Dec George Astley
20 Dec Alec Woodrow
27 Dec Chris Marnitz
7 Jan Dave Thomas
13 Jan Jannie Jacobs