

Rotary Notary

EAST WICHITA ROTARY CLUB: WE'RE BACK FOR ANOTHER YEAR!

JANUARY 6 2010

Program: Sedgwick County Health Department



Protect yourself and others from viruses

Almost all illnesses are preventable so the Sedgwick County Health Department works with all citizens to educate, inform, and prevent, said Melissa Shipley of the Health Department.

The department encourages, exercise, nutritional prudence, and smoking cessation.

The 2009 version of the

H1N1 virus mainly effects those under 25, who may not have developed an immunity. Melissa said it's possible that there was a similar strain of H1N1 in the 50s and 60s so there is an advantage to being old.

However, the seasonal flu tends to infect those over 65.

The 1918 Spanish Flu started in Ft. Riley. A cook then infected the men, who went to Europe to fight in World War I, then those men infected Europeans and led to 50-100 million deaths worldwide.

One of the best ways to avoid H1N1, Melissa said, is to wash your hands thoroughly and use alcohol-based hand sanitizers.

Melissa said we were taught to cover our mouths when coughing though children have been taught to cough into their elbow, which is the recommended practice.

Melissa said we shouldn't touch possibly infected items such as a door knob then touch our eyes or mouth.

Uncovered, a cough or sneeze travels 3-6'.

Last year, many were given a flu shot then a H1N1 shot. Melissa expects that both shots this year will be merged into one.

Melissa said we don't know how long the H1N1 will be around, though the Health Department will continue to offer free shots for an indefinite period.

A good time to keep your mouth shut is when you are in deep water

Greeter-Bob Hadley
Prayer-Dr. Phil May

Announcements-Britt Fulmer said **Dave Mason** is delivering his fascinating Amelia Earhart presentation on March 24 at the Wichita State Community Education building...**Ross Way** was featured in the paper dis-

cussing his New Year's Resolution to lose weight. **Cindy Johnston** said when she recently spoke with Ross, his resolution was to attend the Rotary meetings. You see, Ross has become a good stranger...**Jim Faith** was quoted in the paper regarding the economy...**Ric**

Wolford was profiled in the paper...**Shelley Duncan** was featured in an article regarding Youthville's new adult education facility. Britt said Shelley is in a heated competition with **George Fahnstock** and **Mike Loveland** for most newspaper references.

CALENDAR

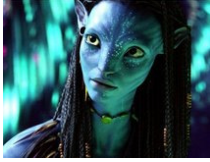
- JAN. 13-TO BE DETERMINED.
- JAN. 20-CHRIS PRES-SON, GM INTRUST ARENA
- JAN. 27-JOHN ALLISON, SCHOOL SUPER-INTENDENT
- FEB. 3-ED O'MALLEY, KS LEADERSHIP CENTER

JANUARY BIRTHDAYS

| | |
|--------------------|----|
| GARY AYERS | 8 |
| ELVIS PRESLEY | 8 |
| CHARLES STARK | 10 |
| SINGER ROD STEWART | 10 |
| BRIAN ROSE | 14 |
| ALBERT SCHWEITZER | 14 |
| JOSEPH SULLIVAN | 19 |

Rotary Notary

Have you seen any good movies lately?



Avatar is making more dough than Krispy Kreme donuts

As a certified movie-aholic, it's my goal each year between Christmas and New Year's to see a movie per day. As usual, I achieved my movie goal. Here are the movies I saw in the order I enjoyed them:

"Did you hear about the Morgan's" (It was silly and predictable but I laughed often)
"It's Complicated" (Another comedy about relationships. And let's face it, relationships are funny)

"Sherlock Holmes" (Witty, funny, and great acting by Robert Downey Jr.)
"Up in the Air" (George Clooney plays a man who travels almost every day of the year to fire people throughout the country. I never realized that such a job existed. How'd you like to fire people all day every day?)
"The Road" (A post-Apocalyptic tale is difficult to enjoy, though I constantly asked myself "What would I

do if I had a young son and we were about the only two humans remaining on earth, other than the gangs who are trying to kill us?)
"Avatar" (The special effects were great, though I found the movie a little preachy. It was a combination of "Lion King" and "Aliens" and "Pocahontas")
"Alvin and the Chipmunks: The Squeakquel" (I loved the chipmunks as a kid decades ago and if I were still a kid, I'd have loved this one.)

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TRANSITIVE VERB

TO PRESERVE

FOODS BY

REMOVING

MOISTURE

Never hide under a car... you'll get exhausted

Karen Norton presented 25-year club pins to **Randy Strassburg, Bob Dole, and John Hoffman.**

Brian Rose said in his Membership Minute that we're a dozen members from our goal of 150.

Britt said that four Catholic men and a Catholic woman were having coffee. The first

man said his son was a Priest and everyone called him Father. The second man said his son was a Bishop and everyone called him Your Grace. The next man said his son was a Cardinal and everyone called him Your Eminence. The final man said his son was the Pope and everyone called him Your Holiness. The woman said her daugh-

ter was young, thin, buxom and when men saw here they said, "Oh my God!"

The Polio Plus campaign has begun and your friends can donate on-line. There should be a heated competition for 2nd place between the Wichita State and Kansas State teams. Obviously, the University of Kansas team will prevail.

I either get what I want or I change my mind

The **Noel Anderson** Presidential regime is six months away. Here are those who will help him with hope and change for our club:

Vice President/President-elect **Jim Faith**

Secretary **Pat O'Donnell**

Treasurer **Camille Kluge**

Returning Directors: **Camille Kluge, Tim Link, Phyllis Hampel, Lisa Callahan.**

Proposed New Directors: **Jon Bachura, Jim Biehler, Brian Burrus, Kori Gregg, Toni Raines.**

As the Club Directory is distributed during meetings, please update your informa-

tion.

Dues invoices are imminent. For the first time, you'll be able to pay dues and make donations via credit card.

Please continue to gather items for Iraqi and Afghan school kids. We'll begin the collection on Jan. 20 at The Wichita Country Club.



Is it fair to all concerned?