

What's Inside

Page 1:

End Polio Now

Page 2:

Board Information

Page 3:

Chapter News

Page 4:

Polio didn't conquer

Page 6:

2012 Spirit Award

Chat Room Help

Page 7:

Membership Form

800 MILES TO END POLIO NOW

Polio was almost wiped out throughout America in 1955 with the advent of the Salk and Sabin vaccines. But, for Bradford Dowden, now 57 and his 60 year old sister, it was not distributed in time. They picked up the virus just 4 months after the vaccine production began.

Polio remains endemic in four countries: Pakistan, Afghanistan, India and Nigeria (remembered by the acronym PAIN). Since 1985, polio worldwide has decreased by almost 99%, primarily through the efforts of Rotary International and their global partners: Bill and Melinda Gates Foundation, World Health Foundation, UNICEF, and others.

Rotary International has a goal of raising 200 million dollars to eradicate polio by the end of 2012. Rotary is now \$4.8 million short of the \$200 million needed by June 30, 2012 to qualify for the \$355 million matching funds grant from the Bill and Melinda Gates Foundation.

Recently, Dowden and other Rotarians from Arizona and Mexico gathered at Thunderbird Conservation Park to advertise the Arizona leg of the 800 mile trail from Utah to Mexico by February 14, 2012. Rotary, in conjunction with Arizona Trail Association, is coordinating the hike, bike, ride horse and so on, trail fund raiser gathering pledges from family, friends and acquaintances of participants. Participants can register at www.EndPolioNow.org. The goal is to raise \$250,000 through this effort.

Donors are asked to write checks to The Rotary Foundation, 9221 E. Baseline Road, Suite #A 109 #228, Mesa, AZ 85209 and write "800 miles to end Polio Now" on the memo line of the check.

Taken from Article by Carolyn Dryer, editor, Glendale Star, Wednesday, November, 23, 2011.

POLIO ECHO

2012 Board of Directors:

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dowdenbrad@yahoo.com

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Scottsdale Chapter Representative:
(Vacant at this time)

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Rotarians Dwight Grotewold and Norm Noble

BOARD MEETINGS

All meetings are open to the public. Anyone wishing be on the agenda should notify the president, Brad Dowden, at (480)-370-8986 in advance.

Board Meetings are normally held on the third Tuesday of each month at the Disability Empowerment Center, which is located at 5025 E. Washington Street, Phoenix 85094. Meetings start at 11:30 am and conclude around 1:30 pm.

2012 MEETING SCHEDULE

Tuesday, January 17, 2012, at 11:30 a.m.
—Board Meeting at the Disability Empowerment Center.

Tuesday, February 21, 2012- 11:30-1:30
at the Disability Center in Phoenix.

Tuesday, March 20, 2012- 11:30-1:30 at
the Disability Empowerment Center in
Phoenix.

Tuesday, April 17, 2012- 11:30-1:30 at
the Disability Empowerment Center in
Phoenix.

Tuesday, May 15, 2012- 11:30-1:30 at
the Disability Empowerment Center in
Phoenix.

Chapter News

CENTRAL PHOENIX CHAPTER

The Central Phoenix Chapter usually meets at the Mesquite Branch of the Phoenix Public Library, 4525 Paradise Village Parkway North, on the second Thursday of the month from 1:00 to 3:00 p.m.

The library is located across the street from the multi-level parking garage and a limited number of disabled parking spaces are available in the parking lot east of the library.

The meeting room is just inside the main doors to the left.

There are no meetings scheduled for January or February at this time. Please contact Pam Harper, (602) 281-2840, for information on future meeting schedules.

EAST VALLEY CHAPTER

The East Valley Chapter meets and eats at 1:00 p.m. on the 3rd Wednesday of each month.

On Wednesday, January 18, 2012,

The group will meet at **Serrano's Mexican Food Restaurant**. Located at **1055 West Guadalupe Road** in Mesa, Arizona.

On Wednesday, February 15, 2012, the group will meet at the **Family Café**, located at **2740 South Alma School Road, Suite #13, Mesa, Arizona**.

Please call advance reservations to Jane Crawford at (480) 899-5857 or email to Jane at janwec94@q.com.

SCOTTSDALE CHAPTER

The Scottsdale Chapter meets on the first Thursday of each month at 1:00 p.m.

The group will meet on **Thursday, January 5, 2012** at **Coco's Restaurant, 4700 N. Scottsdale Road, in the back room**. Use the rear parking lot and entrance.

The next meeting will be on **Thursday, February 2, 2012,** at **Randy's Family Restaurant, 7904 E. Chaparral Road, Suite #210, Scottsdale, Arizona**. It is in the Safeway shopping center on the north-west corner of Hayden Road and Chaparral Road.

POLIO DIDN'T CONQUER DETERMINED ROTARIAN

Submitted by Sun Lakes Rotary Club members Dwight Grotewold and Norm Noble

Harold "Hal" Wochholz is known as the "PolioPlus Poster Guy" in the Rotary Club of Sun Lakes.

After high school graduation in 1949, with lots of ability but little motivation, Hal enrolled at Purdue University to play football. After a year and a half, when he discovered he was going to be drafted for the Korean War, he joined the U.S. Navy. More than 60 years ago, Hal married the true love of his life, his high school sweetheart, Phyllis. While still in their early 20s, they had a daughter and then a son.

As a new father, Hal read Dr. Spock's baby book to make certain they were doing the right things for their new additions. While reading a chapter where the warning signs of infantile paralysis were discussed, he said, "My gosh, I have all of those symptoms."

He went to a doctor at the local naval hospital who dismissed it as being a "stiff neck," and sent him home. It got worse, so he returned, and they concluded that he had polio.

That was the beginning of a 57-year battle for him and Phyllis.

Hal fought all of the usual ailments, aches and pains of polio, and is presently suffering from post-polio syndrome. For all of those physically challenging years, he was able to avoid the iron lung but has been using crutches, canes, an electric-powered wheelchair, and now a specially-equipped 2012 Honda Odyssey.

Recently, his left leg was amputated above the knee because of polio-caused poor circulation. After his discharge from the Navy, Hal enrolled at Michigan State University. Braces and canes had given him a new attitude to be successful academically so he could support his family. He became an academic star with this family goal, receiving highest honors upon graduation, eventually with B.S. and M.S. degrees in electrical engineering.

Then, he had a most successful 50-year ca-

reer with McDonnell Douglas/Boeing, involved in aerospace, rocket development, computers, electronic technology, and even serving as a college professor.

Polio Plus, Rotary International's most ambitious program in history, is dedicated to eradicating polio. After 20 years of hard work, Rotary and its partners are on the brink of eradicating this tenacious disease.

Today, Polio Plus is recognized worldwide as a model of public-private cooperation in pursuit of a humanitarian goal. To date, Rotarians have raised \$185 million toward Rotary's \$200 Million Challenge, matching the \$355 million from the Bill & Melinda Gates Foundation to end polio around the world.

The \$555 million will directly support immunization campaigns win, within developing countries, where polio continues to infect and paralyze children, robbing them of their futures and compounding the hardships faced by their families.

Hal's work to stamp out polio began as the committee chairman for raising PolioPlus funds in his Sun Lakes Rotary Club. For the past three years, he has served as the Rotary District 5510 PolioPlus Lead. Hal

has made presentations at District 5510 conferences; spoken to more than 40 Rotary Clubs; made presentations to all student councils for fifth- and sixth-grade students in the area as well as high school student councils; all of the Chandler Unified School District principals, along with many teacher groups. Those activities resulted in Hal being designated 2010 Rotarian of the Year for District 5510.

Camille Casteel, superintendent of the Chandler Unified School District, authorizes one charitable program yearly for the 43 high school student councils to raise funds. In 2011, she selected Rotary's Polio-Plus program, and the students raised and gave \$22,000 to the Rotary International Foundation to support the program. In addition, Hal personally raised an additional \$18,000 to boost the sum to more than \$40,000 given in 2011.

2011 Spirit of Polio Echo Awarded to Current President Brad Dowden

The awards committee selected Brad to receive the Annual, growing, traveling trophy as the member who has contributed most to the growth and development of the organization. Brad received the award in what turned out to be a very emotional presentation ceremony at the annual meeting at the Disability Empowerment Center on December 5, 2011.

Each winner normally adds something to the trophy to remember them by, but previous recipient, Carol Pranka, died during her year as awardee; so awards committee member, Roger Buel, secured an angel to signify her place on the trophy.

ARE YOU THE PERSON?

We are searching for a member who will assist us in establishing a weekly chat room for Polio Echo.

There are several existing chat rooms with post-polio concerns in America; but, we feel that we are not remaining in contact with one another as we should. It is more important now than ever because our newsletter is published every other month instead of monthly.

Please contact Brad, (480) 370-8986, or email at dowdenbrad@yahoo.com, if you can assist us in getting the chat room started, even if you cannot commit to an extended period of service.

We really believe this is a necessary project.



Spirit Award Winners pictured are from left bottom: Susan Wynn, Jane Crawford and Tom Ringhofer; top row: Roger Buel and (current winner) Brad Dowden. Frank Scott was not available for the photograph. The award is being held by Susan and Jane.

Please take the time to complete the registration form below. If you cannot afford the membership fee, you can still receive the newsletter. We need everyone on our mailing list to send in their registration. Memberships are due in January for the current 2011 calendar year. If you have questions about membership status, contact the Treasurer, Roger Buel, at (602) 493-7242.

POLIO ECHO MEMBERSHIP REGISTRATION & RENEWAL FORM

Name: _____ Date _____

Address: _____ Zip: _____

Phone (____) _____ - _____ Cell (____) _____ - _____

E-mail address: _____ @ _____

Emergency Contact Name & Tel # : _____ () _____

I am enclosing \$10.00 for my 2012 dues donation.

I am sending an additional donation in the amount of \$ _____

I am enclosing \$2.00; please send me a membership pin.

I am unable to pay membership dues at this time, but would like to be a member and receive the Polio Echo Newsletter by mail.

I do not wish to be a member, but send a (tax deductible) donation of \$ _____

Please remove my name from the Polio Echo Mailing list. (The Polio Echo News is available on our web site: (www.polioecho.org/newsletter.html))

Make checks payable to Polio Echo and send to:

Polio Echo, P.O. Box 61024, Phoenix, AZ 85082-1024

KEEP US INFORMED

If your Name, address, telephone number, or Internet address has changed, please up date your information with us. Either call Jane Crawford at (480) 899-5857, email her at janwec94@q.com, or use website www.polioecho.org.

Annual contributions help to educate the public and health care community concerning polio. We respond to the needs of individuals who suffer from post-polio syndrome, through group meetings, educational programming, newsletters and website. Polio Echo is a 501(c)3 non-profit Arizona corporation. All contributions and voluntary dues are tax deductible.



P.O. Box 61024, Phoenix, AZ 85082-1024

Address Service Requested



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**FREE MATTER FOR THE
BLIND OR HANDICAPPED**

2012 DUES ARE NOW DUE - REGISTRATION INSIDE

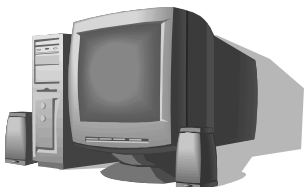
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Please address all correspondence to Tom Ringhofer, Polio Echo News, P.O. Box 61024, Phoenix, Arizona 85082. Telephone Number (480) 820-3358.

Polio Echo Website

<http://polioecho.org>

Newsletter available here



Polio Echo E-mail

polio_echo@polioecho.org



Information:

(480) 370-8986

If you have questions concerning projects or programs of the post-polio support group, please call our president Brad Dowden and leave a message. The person best able to serve you will call back.