PolioPlus
A "Rotary Foundation Month" article by Rotarian Pavlov Rameau
2011-2012 PolioPlus Chair

Polio is caused by the poliovirus which is an Enterovirus. There are three serotypes of the poliovirus. Polio is a disease limited to primates. The spread of Polio is facilitated by crowding and poor sanitation.

After ingestion the poliovirus is thought to infect the epithelial cells in the lining (mucosa) of the gastrointestinal tract and then spread to and replicate in the lymphoid tissue of the tonsils and Peyer’s patches in the gastrointestinal tract. The poliovirus is stable in acidic environments hence it is not destroyed by stomach acid. The virus then spreads to regional lymph nodes and into the blood stream. Through the blood stream the virus spreads to the central nervous system. Poliovirus is also thought to spread via peripheral nerves to the central nervous system.

Clinical features
Most Poliovirus infections are asymptomatic.

After an incubation period of 3-6 days, about 5% of the infected patients present with fever, malaise, sore throat, headache, muscle aches and decreased appetite. This condition is called Abortive poliomyelitis and resolves within 3 days.

Another 1% develops aseptic meningitis which is called the Nonparalytic poliomyelitis.

The least common presentation is Paralytic Poliomyelitis. After one to several days following aseptic meningitis, the individual presents with severe back, neck and muscle pain and rapid or gradual development of muscle weakness. Weakness is generally asymmetrical and involves the proximal more than distal muscles and legs more than arms. Weakness also involves abdominal or chest muscles and muscles involved with swallowing. Paralysis develops and depending on the involved muscles inability to swallow, speak, breath or walk occurs. Aspirations are common. Paralytic disease is more common among older individuals and pregnant women. Most patients with paralysis recover some function weeks to months after infection. About 2/3 have neurologic complications.

Vaccines
There are two vaccines available to prevent Polio. The Inactivated Poliovirus Vaccine (IPV) is used in the industrialized countries. The Oral Poliovirus Vaccine (OPV) in the developing countries.

Our goal
There are about 400 cases of polio left to cure, a 99 percent drop since 1988. The virus has a contagion rate of one to four. Therefore, it is important to continue the cure until eradication. Polio will be considered eradicated when no cases are reported for 3 years. Rotary has contributed to more than a billion U.S. dollars in 122 countries. Today, Rotary has raised an additional 192 million dollars of the 200 million dollars pledged, in order to match Bill and Melinda Gates’ contribution. These efforts will help the cost of operational support, medical personal, laboratory equipment and
educational materials. We are very close to our goal.

The Rotary Sunrise goal is to raise $7,500 C.I. this year for the fight against Polio. Thanks to the generous contribution of the club members, Rotary Sunrise has reached the half-goal mark before the half-year mark.

Here are a few ways our club can participate:

**Raise awareness**

- Create YOUR own “This Close” ad and make it your Facebook profile photo, for those who use Facebook.
- Ask the Cayman Islands government to commemorate World Polio Day on October 24th.
- Attend the “End Polio Now” lighting scheduled at Camana Bay for the weekend of February 24th.
- Have a Polio Box in all major stores in Camana Bay for two weeks around Rotary’s birthday on February 23rd when we celebrate Rotary’s PolioPlus achievements.
- Make a donation toward polio eradication.

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**Proposed Nominee for 2014-2015 District Governor**

**Sophia Harris, LL.B.**

Past District 7020 Assistant Governor for the Cayman Islands

Sophia-Ann Harris (nee Solomon), the founder of the firm Solomon Harris, is a graduate of the Cayman Islands Law School and has a degree from the University of Liverpool, England. She received an award from the Chamber of Commerce and the Cayman Islands Bar Association for scholarly achievements and was called to the Bar in 1991.

Sophia practiced with a large Cayman firm before leaving to establish Solomon Harris which currently also has an office in Switzerland. Her specialties include mutual funds and unit trusts, immigration, corporate and commercial law, bond issue, trusts and matters of local law.

Sophia has served as a member of the labour appeals tribunal and acts as a director for other notable institutions including the Butterfield Bank (Cayman) Limited. She served as the Chairwoman for the Immigration Department’s Business Staffing Plan Board for 2 years and sat on the Immigration Review Team for the review of the Immigration Law 2003. Sophia has also served on the Board of Governors for the University College of the Cayman Islands and is currently Chairwoman of the Immigration Appeals Tribunal.

Sophia is a council member of the Cayman Islands Law Society and sat as a council member of the Caymanian Bar Association. She is a Past President of the Rotary Club of Grand Cayman, serving as the first female president in the Cayman Islands and is a past Assistant Governor for the Rotary Clubs within the Cayman Islands. She is a Past President of the Chamber of Commerce and during her term with the Chamber she has addressed the United Nations on a number of occasions including the United Nations General Assembly on constitutional matters for the Cayman Islands.
Pines Birthday Celebration
Photos and Comments Submitted by Director Barbara Anley

The birthday celebration at the Pines Retirement Home on Saturday turned out pretty good and the Rotaracters were terrific singers. The 94 year old fella that Pat was helping to eat his dinner, had to be helped out of his chair because she fed him so much food! And the sweet elderly lady that James was assisting kept taking the food out of her mouth and putting it back on the plate. James finally gave up..... Kim did a terrific job with getting the gifts and Chris was awesome on the piano. The staff at the Pines were absolutely wonderful and a real pleasure to share this celebration with. Champion house provided the food and there was not even a doggy bag left it was so good.

Thanks to everyone who helped make the day a fun occasion for the residents of the Pines!

Savannah Primary Students Receive "Joy"

IPP Michael and VP JD met Mrs. Victoria Nelson's Year 3 class and distributed enough of the club's character development books (All the Joy in the World) to provide one for each Year 2 and Year 3 student. An equal number of matching bookmarks were also provided. In the photo appear Mrs. Nelson, her Year 3 students, IPP Michael, and Mrs. Marcia.
Rennie who is the school's principal. IPP Michael also suggested the launch of an EarlyAct club at Savannah Primary in January. Stay tuned for future updates...

This Week's Best Photo Op!

(Note the message that appears just behind IPP Michael. You just can't plan a shot any better than that!)

Save the Date:
District 7020 Conference
Cotes des Arcadins, Haiti
17-21 April, 2012

Watch the announcement video at:
http://tinyurl.com/6fjdro7

Sunrise Birthdays & Anniversaries for November
Posted by J.D. Mosley-Matchett on Nov 01, 2011

**November Birthdays**
Rex Crighton, Nov. 6
Perry Rombough, Nov. 11
Barbara Anley, Nov. 16
Steven Sokohl, Nov. 18

**November Club Anniversaries**
Gareth Pulman, Nov. 8 (5 yrs)
Barbara Oosterwyk, Nov. 19 (8 yrs)
Tony Catalanotto, Nov. 21 (4 yrs)
Omar Chambers, Nov. 21 (4 yrs)
David Reid, Nov. 22 (5 yrs)
James Chiweshe, Nov. 26 (3 yrs)
Woody Foster, Nov. 30 (9 yrs)
Raquel Solomon, Nov. 30 (9 yrs)

Guests and Visitors from 16 November 2011...
Posted by Deirdre McFarlane on Nov 23, 2011

**Guests of Rotarians on 16 November 2011 (as signed in):**
Betsy Kelly, Guest of Rotarian Michelle Bouchard
Nancy Tracey, Guest of Rotarian Finley Joseph
John Myles, Guest of Rotarian Finley Joseph
Mellony Bryan, Guest of Rotarian Raquel Solomon
Irene Gut, Guest of Rotarian Berna Cummins
Julianne Partolisi, Guest of IPP Michael Levitt

**Visiting Rotarians on 16 November 2011 (as signed in):**
John Epp, Rotary Club of Regina Eastview
Andrea Balderamos, Rotaract Rotary Club of Grand Cayman
Paul Palmer, Rotaract Rotary Club of Grand Cayman
Stephanie White, Rotary Club of Grand Cayman

Duty Roster for 23 November 2011
Posted by Alan Brady on Nov 23, 2011

Here's the list of members performing the respective duties for this week's meeting:

**Greeter:** Rotarian Pavlov Rameau
**Grace:** Rotarian Geoff Mathews
**Four Way Test:** Rotarian Christine Sanders
**Raffle:** Rotarian Enoka Richens
**Rotary Minute:** IPP Michael Levitt
**Sergeant's Assistant:** Rotarian David Gordon
**Sergeant:** Rotarian Kevin Butler