



Rise and Shine

Lake Havasu Sunrise Rotary

Thursday November 10, 2011

Volume 5 issue 18 kevinshpardson55@gmail.com



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- Kevin Shepardson President
- Mark Clark President-Elect
- Mark Clark Secretary
- Michelle Pounders Treasurer
- Carl Flusche Sgt-At-Arms
- Scott Taylor Past President

Directors

- John Nygren Membership
- Della Gray Service Projects
- Greg Barnes Foundation
- Greg Tryon Public Relations
- Dean Barlow Club Administration
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Sunrise Rotary Members

- Dean Barlow
- Greg Barnes
- Charlie Cassens
- Don Callahan
- Mark Clark
- Mark Dutton
- Carl Flusche
- Della Gray
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- John Nygren
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- Boyce Jones Brent Dewitt
- Kara Chambers Mike Aldridge
- Bob and Betty Swadling
- Barb Nygren, Pete Townshend
- Dennis Grissom Sue Shepardson
- Ed Wignall Bob Moreno, Brigid Stevens
- Dennis and Debi Barker
- Rob and Faith Varacchi

Last Week's Meeting

District 5490 PDG Charlie Tegarden traveled in from Kingman to give us an update on Rotary's Polio Plus Program and to encourage our club to participate in the 800 Miles to End Polio Now campaign. Mark Dutton heads our committee of one to investigate a trail that our club can hike to raise funds for the program, before the February deadline. The fundraiser involves pledging to walk, bike, or ride horseback on sections of the 800 mile Arizona Trail, which extends between Arizona's borders with Utah and Mexico. A few months ago, Charlie and his Kingman club took the section of the trail between the North and South Rim of the Grand Canyon. Our club looks to find a more tame section of the trail, Mark will be reporting to the club soon. Meanwhile..Polio Plus, the largest health initiative by any service organization in history, established by Rotary in 1985, with its global partners, has reached the 99 percentile of immunization for the planet. More than two billion children across the globe have been served by Rotary and U.N. programs such as UNICEF, the CDC and WHO. Polio cases are still reported in countries such as Afghanistan, Pakistan, and India, but not in the numbers that were considered normal just a few years ago. "There's still work to do" says Charlie, but we can have a great time working for it, we just need to take a hike!

Today's Meeting

Kane Fraser, a Rotarian from Williams Lake, B.C. Canada will be traveling to Ensenada, Mexico next week to compete in the Baja 1000 Off-Road Race, the roughest, toughest, off the road motorsport event in the world. He's hoping to raise \$25,000 in honor of the 25th anniversary of Rick Hansen's Man in Motion tour. What is unique about Kane's entry into this event is that he's also paraplegic and has never raced before! His goals are not only to finish the race, but bring awareness of the abilities of people with disabilities, and hopefully inspire others to follow their dreams. Check it out at www.baja1000fundraiser@gmail.com



SARA Park Snack Bar Schedule

11/10	5:30-8:00	Greg Barnes
11/17	5:30-8:00	Dave/Charlie
11/30	5:30-8:00	Mark Clark/ Dutton
12/1	5:30-8:00	Greg Barnes
12/2	5:30-8:00	Brian/Maureen/Sean
12/3	AM	Michelle/Kenny
	PM	Bart/Dean/Brigid
12/4	AM	TBD/TBD
12/5	5:30-8:00	Della
12/6	5:30-8:00	Kevin
12/8	5:30-8:00	Greg Barnes
12/12	5:30-8:00	Greg Tryon
12/15	5:30-8:00	Bart

50/50 Raffle

Today's estimated jackpot

\$118

6 balls in the grab bag

Dates To Circle On Your Rotary Calendar

- 11/24 Thanksgiving Day
no meeting
- 12/17 Christmas Social
- 1/28/2012 Showcase Raffle



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Former Rotary Scholar kayaks across England for charity

By Arnold R. Grahl Rotary International News -- 7 November 2011

A 70-year-old former Rotary Foundation Ambassadorial Scholar isn't letting age slow him down.

Englishman Peter Woolsey, a 1965-66 scholar to the United States, recently completed a 400-mile solo kayak trip from Kendal, in England's Lake District, to London, raising more than US\$2,500 for Age UK, a charity that provides information, advice, and support to the elderly.

When he was 17, Woolsey completed the same journey through England's network of canals and down the Thames River. As his 70th birthday approached, he decided that repeating the voyage would be an ideal way to celebrate.

"As a youngster, I was fascinated by canals and kayaking, and it grew into a passion which has stayed with me throughout my life," Woolsey says.

"I've always felt that age shouldn't be a barrier to achieving your goals."

Early in his life, Woolsey's hobby earned him a job leading groups of British canoeists down the Rhone and Ardèche rivers in France for PGL, an adventure holiday company. After graduating from Manchester University, he set up and managed a water sports center at Miramar on the French Riviera.

Scholarship year

Woolsey was 25 and back in England when his stepfather invited him to a meeting of the Rotary Club of Stockton & Thornaby, Durham, which was seeking candidates for a scholarship. He won it by promising he would visit every Rotary club he could and never turn down an invitation to speak.

He made good on his promise, speaking at 84 clubs and four district conferences during his scholarship year. After studying business at the Wharton School of the University of Pennsylvania, he used his scholarship experience to build ties between Wharton and the European campus of INSEAD international business school, in France, where he received his MBA. Because of his efforts, students can now earn a degree by doing combined studies at the two campuses.

Woolsey went on to work as a publisher in England, France, the Netherlands, and Switzerland, then created a



Peter Woolsey, a 1965-66 scholar to the United States, paddles down the Oxford Canal 6 June on his way to London.
Photo courtesy Peter Woolsey

point-of-sale system for merchants in several countries in Europe. He later launched a company that supplied banking and insurance software to businesses throughout Northern Europe and the Baltic, requiring him to commute between Finland, Estonia, Latvia, and Lithuania.

While in Estonia, he became a charter member of the English-speaking Rotary Club of Tallinn International, before moving back to England three years ago. Complications from pneumonia and his constant travels have kept him from seeking out another club, he says. As for his passion for kayaking and canoeing, Woolsey maintains that they're perfect activities for people of any age.

"I always say, if you can get into and out of a bath unaided, then you can probably get in and out of a canoe, so

why not try it? I genuinely believe that canoeing and kayaking are two of the most gentle activities you can do, if you use a canal or a quiet river like the Thames."

800 Miles To End Polio Now!

From now until Feb. 14, 2012, Rotarians along with friends and family all over Arizona are celebrating their mobility and hitting the trail- The Arizona Trail, that is, to "End Polio Now".

You, too, can join in. It's simple. All you need to do is pledge to hike, run, ride your horse or mountain bike a portion of the scenic Arizona Trail while raising money to help Rotary eradicate polio!

The Arizona Trail is a scenic, non-motorized trail that stretches for over 800 miles from the U.S.-Mexico border in the south to the Arizona-Utah border in the north. Contact friends, co-workers and family to raise at least \$100 in pledges for your trek.

Raise even more money by putting a team of friends and family together to go on the trail with you. There are donation forms or credit cards payment options on the site.

That's it! Simple!

So get registered, go get some fresh air, a little exercise and help "End Polio Now".

Contacts

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