

## Meet Our Speaker: **TONYA LONSBURY**

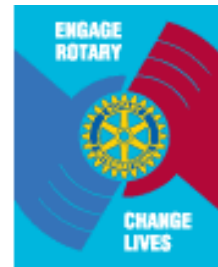
Tonya Lonsbury is the Creative Director of Juice Marketing and Design, with over 12 years of graphic design experience. Four years ago, she and her business partner, Joyce Frustaci, seized the opportunity to begin Juice Marketing when the housing market crash created turmoil in the banking world, where they were in marketing. Two years ago, Tonya joined BNI Success Masters, the Seminole chapter of Business Networking International. Tonya most recently served as the Success Masters President for the 2012-2013 year, October 1st marking the completion of her service. The philosophy of BNI is "Giver's Gain", meaning if you work to build personal relationships with other professionals and give them business, they will in turn give business to you. The success of word-of-mouth marketing led Tonya to complete the intensive Certified Networker Program offered by the Referral Institute, which she graduated from in August. Tonya is passionate about growing businesses through all aspects of marketing and believes the more you learn, the more you earn.

**AUCTION TICKETS AVAILABLE FOR PURCHASE AT:  
[Seminolerotaryauction.com](http://Seminolerotaryauction.com)**

### Rotary Club of Seminole Officers 2013-2014:

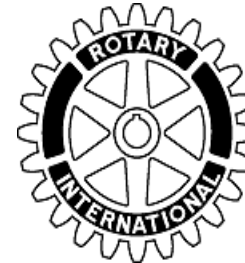
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District 6950 Website - [www.rotary6950.org](http://www.rotary6950.org)  
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Rotary Club of Seminole P.O. Box 3313 • Seminole, FL 33775-3313



ROTARY 2013-2014

## SEMINOLE SMOKE SIGNALS



Club Number 4289

October 30, 2013

**PRAYER FOR TODAY:** Lord, help me to see the extraordinary achievements of everyday life. Amen.

**PROGRAM THIS WEEK:** Tonya Lonsbury, President of Business Networking Intl

**PROGRAM LAST WEEK:** Dr. John Chapin  
Marine Science Center

**PROGRAM NEXT WEEK** Barbara Clare,  
VO-AG Director Seminole  
Education Center

### Upcoming Events:

November 9	<b>AUCTION</b> See Laurie for tickets
November 13.	District Governor Roger Proffer, Sr
November 20	Dathan Johnson, A Vision of Hope, and Club Assembly Meeting
<b>December 14</b>	<b>Christmas Party</b> (NOTE DATE CHANGE)

## How polio changed my life

By Eliana Zagui, author of *Pulmão de Aço* (Iron Lung)

Before it was eradicated through the effort of massive immunization campaigns in 1989, poliomyelitis was prevalent in Brazil. The lack of vaccine and poor sanitation in small towns resulted in thousands of victims a year. Avoiding polio was often a matter of luck.

In January 1976, at the age of two, my luck ran out. I woke up with a fever and weak lower limbs. Although my parents were used to my recurrent episodes of sore throat, they brought me to the nearest city of Jaboticabal for medical treatment. The next day, lacking a diagnosis, I was sent to Ribeirão Preto, a larger city with better medical facilities. By the time the doctors came to the conclusion that I had contracted polio, the virus had already started its devastating muscular paralysis process.

We lived in Guariba near São Paulo, more than 180 miles from the major polio treatment center in Brazil. Getting to the 'Hospital das Clínicas' in São Paulo was a struggle. But after several hours, we received a ride from a charitable individual. By that time, I was already paralyzed from my neck down, and my breathing was restricted by the paralysis of my diaphragm.

I was placed in an iron lung a number of times in an attempt to reverse the respiratory failure, but eventually the doctors concluded the battle was lost. I was tracheotomized and connected to an artificial respirator. More than 36 years later, I still depend on the artificial respirator to breathe.



*Pulmão de Aço* (Iron Lung), published this year in Brazil, tells the story of Eliana Zagui, a polio survivor who has lived for decades

I have lived the rest of my life at the same 'Hospital das Clínicas.' Out of hundreds of children admitted to the hospital in the '60s and '70s, seven of us formed a family, and developed bonds with the doctors and nurses who looked after us. Five of our family died in the '80s, and now only Paulo Henrique Machado and I remain. We still share a room in the Intensive Care Unit.

It was in that room that Paulo and I learned how to read and write. While Paulo has limited hand movements, I can only move my neck and head. Everything I can do with some autonomy has to be done with my mouth. That includes my paintings, which are sold around the world through an association.

The story of how Paulo and I survived polio and how, for decades, we have lived almost completely paralyzed at Hospital das Clínicas is told in the book *Pulmão de Aço* (Iron Lung), published this year in Brazil by [Bela Letra Editora](#)

### FOOTBALL TRUISMS

**Gentlemen, it is better to have died a small boy . . . .than to fumble THIS football" John Heisman**

**"Show me a good and gracious loser . . . . and I'll show you a failure."**

**Knute Rockne /Notre Dame**

**"I make my practices real hard . . . . because if a player is a quitter . . . . I want him to quit in practice, not in a game."**

**Bear Bryant / Alabama**

**"It isn't necessary to see a good tackle . . . . You can hear it!"**

**Knute Rockne / Notre Dame**

**"At Georgia Southern, we don't cheat. That costs money and we don't have any." Erk Russell / Georgia Southern.**

**"After you retire, there's only one big event left....and I ain't ready for that."Bobby Bowden / Florida State**

**"The man who complains about the way the ball bounces is likely to be the one who dropped it." Lou Holtz / Arkansas - Norte Dame**