



# Rotary Club of Derby

## *History of New Year's Resolutions* by Lia Steakley Dicker

Whether it is the glittering ball in Times Square or a giant cheese wedge in Plymouth, Wisconsin, champagne flutes clink and kisses are exchanged as countless people toast the New Year. As the wave of celebrations travel across the globe, millions vow to kick bad habits and improvement themselves in an effort to make this next year better than the last.

Revelry and resolutions have been essential to ringing in the New Year since 2000 B.C. when Babylonians held semi-annual festivals around the spring and autumn equinoxes. Back then, people marked the beginning of a New Year by paying off debts and returning borrowed goods. The practice carried over into Roman times with worshippers offering resolutions of good conduct to a double-faced deity named Janus, the god of beginnings and endings. When the Roman calendar was reformed, the first month of the year was renamed January in honor of Janus, establishing January 1 as the day of new beginnings.

Fast-forward a few millennia to New York City in 1907. That was the year Adolph S. Ochs, publisher of The New York Times commissioned the construction of a five-foot iron glove studded with 216 electric lamps. The one-of-a-kind ball

fell from a 70-foot flagpole at midnight in Times Square on the last day of the year. With the inaugural drop an ancient ritual was transformed into a spectacular show.

Over the next century, the Times Square ball drop became a symbol of new beginnings and nearly 100 cities across the country replicated the tradition, substituting the glowing sphere for hometown mascots. Each year, the celebrations grow more grandiose as represented by the dazzling 1,200 pound sphere clad in Waterford crystal with 30,000 watts of light-emitting diodes that will descend this year on Dec. 31.

The same could be said of resolutions. Once a tradition of performing simple good deeds, modern-day resolutions often involve breaking negative patterns to eat healthier, save money, or be more organized. But this type of self-change isn't easy, especially when trying to fulfill such vague goals. The difficulty of accomplishing behavioral changes combined with the non-specificity of most resolutions is the main culprit behind the rising percentage of people who fail to keep their New Year's pledge.

A University of Washington



study in 1997 found 47 percent of the 100 million adult Americans who make resolutions give up on their goals after two months. This figure has grown to 80 percent in the past decade, according to recent research completed at the University of Minnesota.

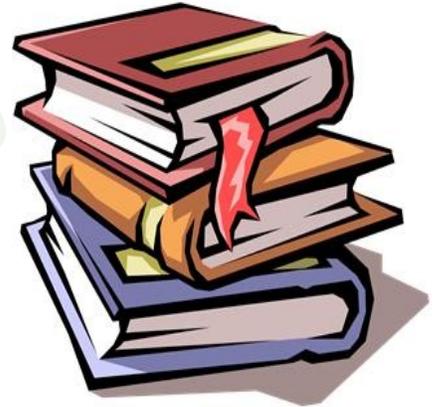
While statistics are grim, your intentions to make 2013 the bear year yet aren't doomed. Experts agree that writing down resolutions, sharing goals with others, and tracking your progress, can help you achieve success. Luckily, you can do this and much more by posting your New Year's resolutions on [43things.com](http://43things.com). So the question remains: What do you want to do in 2013?



## LIBRARY2GO

OUR HOME BOOK DELIVER IN JUNCTION WITH THE DERBY PUBLIC LIBRARY IS ABOUT READY TO HIT THE STREETS. THE BOOK BAGS ARE ORDERED AND SIGN UP SHEETS ARE BEING DISTRIBUTED. THIS WILL BE A ONCE A MONTH DELIVERY OF LIBRARY BOOKS TO HOME BOUND INDIVIDUALS (BE IT DUE

TO TRANSPORTATION OR HEALTH ISSUES). IF YOU OR SOMEONE YOU KNOW WOULD LIKE TO SPEND APPROXIMATELY ONE HOUR A MONTH HELPING DELIVER THESE BOOKS, PLEASE CALL BETTY WILKEN AT 788-1705/648-1795.



*"A library is not a luxury but one of the necessities of life."*

**Henry Ward Beecher**

## CARES AND CONCERNS



If you know of any concerns of members and/or their families be it illness, a death in the family or someone that just needs a little pick me u, please let Jack

Gillespie or Betty Wilken know so that a card can be sent from the Rotary Club of Derby.



## **JANUARY PROGRAMS**

- |                    |              |
|--------------------|--------------|
| January 4th, 2013  | Gary Read    |
| January 11th, 2013 | Arien Reeves |
| January 18th, 2013 | Jerry Roe    |
| January 25th, 2013 | Kyle Russell |

\*\*Don't forget the Rotary Club of Derby is now meeting at the Derby Public Library—meeting times are unchanged (Friday and Noon)\*\*

## A MESSAGE FROM ROBERT....

Happy New Year! 2012 has been an exciting year for the club and 2013 looks to be even busier. While many are quantifying their successes of the past year. I wanted to take a moment to be in the here and now, to say Thank You for all you do. Where else can we find the leaders of a community coming together to improve the world? There is no comparison to our Rotary Club.

I appreciate that you choose to be a part of Rotary. In today's economy, club membership is often difficult financial choice. Thank you for sticking with us. I choose to believe that we are greater together, can do more and be bigger, because we came together, because we have built strong relationships and continue to support each other at every opportunity. By supporting each other, we strengthen our community, and together we can do wonders.

Sir Edmund Hillary was the first person to conquer Mr. Everest. The first time he tried, he failed. The Queen of England knighted him, and at the gala occasion, on the wall behind the head table was a huge picture of Mr. Everest. The people gave him a standing ovation for even daring to attempt the climb. When they ceased applauding, Hillary turned his back to the audience, faced the picture and said "Mt. Everest, you have defeated

me once and you might defeat me again. But I'm coming back and I'm going to win because you can't get any bigger, but I can."

Polio, the Mt. Everest for Rotary International is almost conquered. We, each individual club, stand up and shake our fist and promise that we will be bigger and we will succeed. This is not about size, but determination. It is not about brute force, but sustained support. We, You and I, make a difference and we will one day soon stand together in triumph over this terrible disease. Just as important, is our work here in Derby. We stand together and make a difference in the lives of people. Thank you for choosing to be involved and for your continued support this next year. We really are nothing without you.

On behalf of the Derby Board of Directors, and myself, Thank you for serving our community and the world. Our very best to you and your families as you finish 2012 and we look forward to an exciting new year!!

With Heartfelt Thanks

Robert Mendoza



*A friend is someone who gives you total freedom to be yourself.*

**Jim Morrison**

### FUN FACTS TO MAKE YOU THINK

About 400 billions gallons water is used worldwide each day

The moon is one million times drier than the Gobi Desert

Earth travels through space at 66,700 miles per hour

Average 100 lightning strikes occur worldwide every second

The sunrays reached at the earth in 8 minutes & 3 seconds



## *How Rotarians Contribute...*

Rotary International is an organization of business and professional leaders with 1.2 million members worldwide in more than 200 countries. The PolioPlus program is the organization's top philanthropic priority. When Rotary launched the program in 1985, there were over 350,000 cases of polio worldwide in more than 125 countries.

Since then, Rotary has worked through the GPEI to help immunize more than two billion children and reduced the number of polio cases by 99%. By the time the world is certified poliofree, Rotary's contributions to the global polio eradication effort will exceed US\$1.2 billion. This constitutes nearly 14% of all contributions to the global budget through 2010 and represents approximately 66% of private sector contributions to the initiative. More recently, Rotary is working with the Bill & Melinda Gates Foundation to help raise much needed funds to eradicate polio.

## *Rotary's Legacy*

Once polio has been eradicated, the world will reap substantial financial, as well as humanitarian, dividends due to foregone polio treatment and rehabilitation costs. Depending on national decisions on the future use of polio vaccines, these savings could exceed US \$1 Billion per year, savings that can be used to fund other public health priorities. A study published in November 2010 in the leading medical journal, *Vaccine*, estimates the economic benefits of the BPEI at between US \$40-50 Billion based on activities from 1988 to 2035.

## WHAT EXACTLY IS POLIO?

Polio is:

- A crippling and potentially fatal infectious disease, polio (poliomyelitis) still strikes children mainly under the age of five in countries in Asia and Africa.
- Polio can cause paralysis and sometimes death. Because there is no cure for polio, the best protection is prevention. For as little as US\$0.60 worth of vaccine, a child can be protected against this crippling disease for life.
- It can cause paralysis within hours, and polio paralysis is almost always irreversible.
- In the most severe cases, polio attacks the motor neurons of the brain stem, causing breathing difficulty or even death.
- Historically, polio has been the world's greatest cause of disability.

If polio isn't eradicated, the world will continue to live under the threat of the disease. More than 10 million children will be paralyzed in the next 40 years if the world fails to capitalize on its US\$9 billion global investment in eradication.