

# Rotary



# Club of Williamston Sunrise

## Club Leaders



Wanda Bloomquist  
President



Laska J Creagh  
President-Elect



Gene Klco  
Secretary  
Webmaster



Steve Terry  
Treasurer



James Conroy  
Club Director



Elgar Brown  
Sergeant-at-Arms



Mark Steinberg  
Rotary Foundation Chair



Kay Erin Goluska  
iPast President



Brian Tort  
Assistant Governor

## Speakers

**July 13, 2021**

David Stanley  
Talking about Melanoma and his book - Melanoma: It started with a freckle

**July 20, 2021**

## 7/13/21 -David Stanley

By Gene Klco on Tuesday, July 13, 2021

### General Discussion:

- Attendance: Members=19, Associate Members=1, Guests=2



- President Wanda started the meeting with the Pledge of Allegiance
  - Jim Miller read a Native American prayer ♦ the Great Spirit Prayer

Guest Speaker was **David Stanley**

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**July 20, 2021**

Wanda Bloomquist  
Rotary Board Meeting

**July 27, 2021**

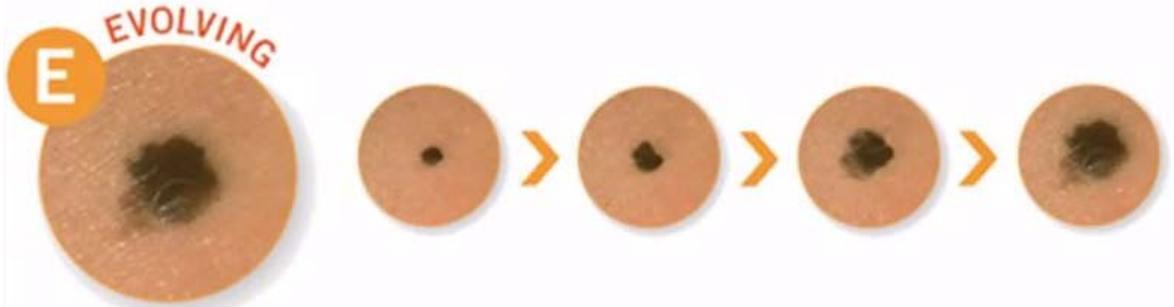
Wanda Bloomquist  
Evening Meeting - In  
Person



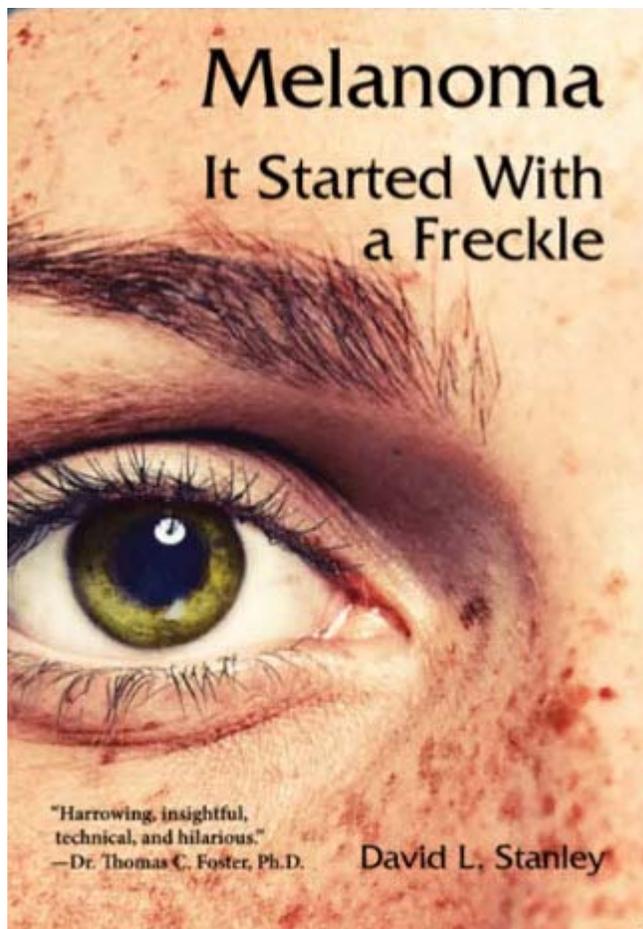
- Chris Lewis introduced David
  - Chris met David as part of a writing about fatherhood
  - David is a teacher, writer, speaker, audio book narrator,
    - Book ♦♦ Melanoma, it started with a freckle♦
- David told us there are different sorts of skin cancer
  - Basal cell ♦ affects 4 million new cases every year
  - Squamos cell ♦ affects 2 million people yearly ♦ less common
    - More dangerous ♦ can metastasize
    - 15,000 deaths per year
- Metastatic Melanoma
  - Cancer of the melanocytes ♦ the pigment cells
  - Kills one person every 50 minutes in US ♦ 2x as likely in men
  - Likes to metastasize to the brain
  - Men more likely since they tend to ignore it
- Melanoma seeks the lymph system or bones to get to the brain
  - Look for saw tooth borders, asymmetrical, different colors
- Surgery to remove a melanoma
  - Have to open a large area around the spot to insure get all cells affected
- Melanoma is related to UV radiation
- Why are the rates of melanoma on the rise?
  - Typical an older person disease
  - Now more 30-40 year old women are getting it due to tanning beds
- Treatment
  - Surgery
  - Immunotherapy
  - mRNA interrupters on the horizon
- What to look for:
  - ABCDEs of skin cancer



# ABCDEs of skin cancer



- Look for the ♦lone wolf♦ or the ♦ugly duckling♦ ♦
    - Moles or spots on your body that are different from the rest
- Prevent melanoma
- Not a lot of dermatologists available
  - Schedule an appointment early as possible
  - May take many months to get an appointment
- Q/A:
  - How much sun screen should you use?
    - About 1 ounce
  - Sun screen - lotion or spray best?
    - Lotion covers better, but spray is easy (esp. on kids)
      - Spray is not as effective
  - Sun screen takes 15 minutes to half hour to do its work
  - Can tanning solons continue to be legal?
    - Probably ♦ like cigarettes
- A link to David's book - <https://amzn.to/3wDzjVh>
  - <https://www.facebook.com/MelanomaBook>



- Duck Race ♦ Jim Conroy
  - Had an amazing weekend
    - Went from \$2600 to \$4900
    - \$4500 in cash or donations
  - Will soon have the Duck Deals out there with the QR code
  - Cub scouts will be at camps in July
  - Need some help at the Farmer♦s Market on July 25<sup>th</sup>
  - Let people know that there is a Jubilee this year too
  - Do the am shift at D&W and sit outside in good weather
  - Steve Terry noted total figures in 2018
    - \$8636 in ticket sales
    - \$11,000 in sponsors
      - Sponsors will be less this year
      - So not where we want to be ♦ keep selling!
  - More tickets are being bought by individuals ♦ higher amounts
  - Jim will send out the sponsor list again
    - Don♦t just call on the ones your name is listed at
    - Also contact the no-name associated sponsors
  - Jim Miller thought we need to review how we ID♦d the winning ducks
    - In 2019 it was a little shaky
    - No dry run ♦ would like practice
- Signs ♦ Merlin
  - Moving forward
  - Kiwanis is now a partner
  - Meeting with city manager to decide the locations
- Digital Sign ♦ Earl
  - Meeting with sing committee and Adam
    - Magna Sign
    - Need official approval of the sign location
    - Meeting tomorrow night
- Safety committee ♦ Raj
  - No changes: outdoor in person ♦ not in person indoors
  - Delta variant of Covid
    - Mostly affect the unvaccinated
    - If traveling in states with low vaccination rates ♦ wear mask
  - Meet at Williamston Wellness again?
    - Mosquitoes will be bad there
    - Should have outdoor meetings ♦ social ♦ no guest speakers
      - Difficult to do a hybrid meeting
    - Meet at Township hall?

- Decide at board meeting
- Sparrow volunteering ♦ Jim Miller
  - Continue to volunteer
  - Mark is sending out messages to past volunteers
  - Now Sparrow is sending groups to community sites
- Vaccination ♦ Raj
  - Reach out to those on the fence
  - Encourage to get vaccinated
- Wanda thanked Paul for his effort on the Home Town Heroes
  - It went well
  - Lots of compliments and happy recipients
  - Paul said that Chris did a great job on Adam's presentation
  - Paul & Wanda made sure to pass out the certificates to those who couldn't make the Thursday night presentation
- Haven House ♦ Raj
  - Starting up again
  - We help on second Thursday of the month
- We concluded with the 4-Way Test (+1)

## Thought for the Week

By Gene Klco on Thursday, July 1, 2021

♦ Words that soak into your ears are whispered ♦ not yelled. ♦

## Joke of the Week

By Gene Klco on Thursday, July 1, 2021

### **This year's Lexophile Submissions - Part 1**

I changed my iPod's name to Titanic. It's syncing now.  
 England has no kidney bank, but it does have a Liverpool.  
 Haunted French pancakes give me the crepes.  
 This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.  
 I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.  
 A thief who stole a calendar got twelve months.  
 When the smog lifts in Los Angeles U.C.L.A.  
 I got some batteries that were given out free of charge.  
 A dentist and a manicurist married. They fought tooth and nail.  
 A will is a dead giveaway.  
 With her marriage, she got a new name and a dress.  
 Police were summoned to a daycare center where a three-year-old was resisting a rest.

## July Birthdays

By Gene Klco on Thursday, July 1, 2021

Wishes for a **Happy Birthday** in **July** go out to:

**Todd Carlisle July 5**

**Pamela Shaheen July 31**