



Club Leaders



Christopher A. Lewis
President



Earl K. Wolf
President-Elect



Gene Kico
Secretary
Webmaster



Sharon L. LaPointe
President-Nominee



Wanda Bloomquist
Treasurer
Past President



Laska J. Creagh
Assistant Secretary
IPast President



Mark Steinberg
Rotary Foundation Chair



Robert Stephenson
Club Director

Speakers

April 09, 2024
No Regular Meeting
Committee Meeting Only

April 16, 2024
Jim Miller & Earl Wolf
Galapagos

April 23, 2024
No Meeting

April 30, 2024
Chris Lewis
Evening Meeting At Zynda's

4/2/24-Steve Fine

Williamston Rotary April 2, 2024

President Chris opened the meeting at Order at 7:37am

- Pledge
- Attendance: Members=18, Guests=1
- Denise White
 - Asked about volunteers to work on the "After the Storm" (a grant we provided)
 - To assist flood victims, sign-up sheet and options for work below:
 - Cleaning out basements
 - Paint, repair and yard work



Speaker " Steve Fine " President of the Melanoma Education Foundation (2000 501c3) ACFI - 1998 " Son died of Melanoma; started the Foundation primary focus " to teach about melanoma



- Presented to 1700 schools in US and Canada
- After Covid " working with Rotary across the country
 - 235 presentations to date
 - Early Self Detection and Prevention of Melanoma
- Educating HS and MS students
- 2022 " reaching out to Rotary Clubs " all Eastern Seaboard and Atlantic time zones the focus

SKIN CANCER COMPARISON

TYPE	ONSET AGE	SERIOUSNESS	BODY LOCATION	MORE IN SUNBELT?
BASAL CELL	USUALLY 40s	SELDOM FATAL	HEAVILY SUN-EXPOSED	YES

CARCINOMA	OR OLDER		AREAS	
SQUAMOUS CELL CARCINOMA	USUALLY 40s OR OLDER	SOMETIMES FATAL	HEAVILY SUN-EXPOSED AREAS	YES
MELANOMA	10 OR OLDER	FATAL IF NOT FOUND EARLY	EXPOSED OR UNEXPOSED	NO



- This cancer can strike preteen to elderly
 - Can strike any area, even if no sun exposed
 - In a class by itself
 - Pink or flesh colored nodules
 - Squamous cell more serious
 - Grow slow to moderate
- 200,000 new cases in US this year expected
- Relatively few HS students know about it and it's much more probable than HIV/AIDS
- 2nd to breast cancer
- Vulnerability starts early in life
- 10% family history; other 90% not related to genetics
- Redeeming features
 - Easiest to find by yourself at an early stage
 - Removal consists of getting it removed by a dermatologist
- Inherited factors
 - Moles
 - Irregularly shaped moles
 - Skin cancer in history
- Controllable
 - Skin blisters early in life
 - Exposed skin that's normally covered
 - Using tanning beds regularly is much greater risk!
 - Lighter skin is greater risk
- 30% develop from a preexisting mole
- Atypical
 - Irregular, non-uniform
 - Fried egg surface

More likely from a flat mole

- Change in size, color or shape is an indicator or thickness
- A new mole or growth
- Don't wait for the non-visual signs
- Radial and Nodular
 - A - asymmetric
 - B is irregular edges
 - C - colors are multiple
 - D - diameters are more than 1/4 inch
- Radial is 6-12 months before it's too late
- Nodular is 3 months
 - Look innocent
 - No ABCD signs
 - Usually starts in clear skin
 - EFO
 - E - Elevated
 - F - Firm to touch
 - G - Growing more than 2 weeks
- Be your own advocate! When in doubt, have it out!
- Common areas
 - Back of white males
 - Feet, then hands
 - Back of legs for women
- Check in a well-lighted room with a mirror across the back
- Check your scalp
- Be thorough!!!
- Check once every month!!
- If found:
 - Get a referral to a dermatologist
 - Tell them you have a growth that looks like melanoma
- Ultra violet radiation
 - Infrared radiation is not harmful
 - Visible radiation is not harmful
 - Ultraviolet A & B are harmful
 - UVB is burns the skin
 - UVA doesn't burn but penetrates deeper, primarily from tanning labs
 - Use SUNLESS tanners only, to be safe
 - Sunless.com is offers effective products for your type of skin
- Buy BROAD SPECTRUM sunscreen is zinc oxide and titanium oxide (FDA approved)
- Sun block stick on face
- Sun protected clothing is UPF 50 equivalent to a SPF 50 and more reliable
- Wide brim hat
- Sunglasses with 100% UV protection
- Stay out of the sun during most dangerous hours 10-4pm
- Protect from reflected sunlight

- UVA radiation penetrates through clouds
- Apply appropriately â€” usually we apply only 1/4-1/2 the amount we should
 - Handful every time you are in sun, out of water, towed off, etc.
- Vitamin D is essential so TAKE A SUPPLEMENT
- 31-Minute Early Self-Detection/Prevention Video: <https://bit.ly/3hipmFK>

Member Focus â€” Norm Shinkle



- Norms Dahlias and Flowers
- Charter members of Rotary
- From Temperance, Michigan
- Grandparents started a flower shop and he spent a lot of time there
- Watched the water flow through the troughs
- Bedford HS â€” 3 small town units
 - Sang and played in the band
 - Sophomore year â€” played the trombone, ran for vice president of the class
 - Didnâ€™t have to make a speech; but was pushed to give a speech
 - President of Junior class
 - He got over his nervousness of standing in front of people to speak
 - Urge to get stuff done!
 - Felt vindicated from shyness
 - Went to MSU, brother there
 - Joined the BETA THETA CHI fraternity
 - His frat supplied the house for parties
 - If someone didnâ€™t pay their dues, he hid their refrigerator
 - â€œI donâ€™t do drugs, Iâ€™ll keep you guys out of troubleâ€
 - Set up a fake raid! All drugs went down the toilet
 - Graduated in 1972
 - Went to a county commissioner meeting â€” asked to run
 - Convinced to run based on information shared to him about the opponent
 - Dad says, â€œWonâ€™t you feel bad losing by a lot?â€
 - Posted a flyer on every door
 - 11 county commissioners
 - 1974 â€” Watergate year lost a lot of Republicans
 - 1975 â€” law school at U of Toledo
 - Ran for township supervisor in Bedford townships; debated the opponent; couldnâ€™t use notes so friend told him to go into bathroom and study them
 - Chair of Monroe County Republicans 1978
 - Shinkle, Shinkle and Frans â€” law firm
 - Active in the party â€” 12 years old joined the party
 - Elected to state senate; reacquainted to John Engler
 - 2 terms in the senate
 - Caucus chair â€” tax bills through his committee
 - Was an anti tax; monies from alcohol tax built COBO hall
 - 1990 â€” John Guisie- kept asking Norm to run against John Dingell; lost in 1990
 - 1991 moved to Williamston â€” Engler put him in a tax tribunal
 - Rouge Steel issue of value
 - Tax tribunal had to figure out what it was worth
 - Still engaged in politics
 - Working with Pete Hoekstra, new chair of RNC in Michigan

- People use fear to get what they want in politics
- Told his pet pig story, planting gourd seeds around the pen. Still using seeds from that original plot
- He started planting dinner plate dahlias, when they are coming strong, he can do 5-6 big bouquets a day!

Announcements

1. Monica spoke to what happened to the funding for the River Trail and the Senior Center
 - a. River monies aren't funded but years out
 - b. Senior Center aren't many people came; she testified; Julie did an amazing job -4-3 vote, it passed
 - c. 2-3 more votes are needed before the Board of Commissioners
- Happy Dollars all around
 - 4-way test
 - Adjournment at 9:06am

Upcoming meeting dates:

- Membership Meeting aren't April 2nd at 11:30am at Sunnyside
- Service Committee aren't April 9th at 9:00am at WUMC
- Regular Meeting aren't April 16th, at 7:30am at WUMC
- Satellite Volunteer Service aren't Thursday, April 18th at 5:30 at Zynda aren'ts (every 3rd Thursday of the month at 5:30pm)
- Duck Race Committee aren't April 23rd at 9:00am at WUMC
- Evening Meeting aren't April 30th at 5:30 pm at Zynda aren'ts

Thought for the Week

By Gene Klco on Saturday, July 1, 2023

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~ John F. Kennedy

Joke of the Week

By Gene Klco

You know you are getting old when friends with benefits means knowing someone who can drive at night.

Weight loss goal: To be able to clip my toenails and breathe at the same time.

After watching how some people wore their masks, I understand why contraception fails.

Some of my friends exercise every day. Meanwhile I am watching a show I don't like because the remote fell on the floor.

For those of you that don't want Alexa or Siri listening in on your conversation, they are making a male version. It doesn't listen to anything.

I just got a present labeled, "From Mom and Dad," and I know darn well that Dad has no idea what's inside.

Now that Covid has everyone washing their hands correctly next week Turn Signals.

Someone said, "Nothing rhymes with orange." I said, "No, it doesn't."

The pessimist complains about the wind. The optimist expects it to change. The realist adjusts his sails.

There's a fine line between a numerator and a denominator. Only a fraction of people will find this funny.

I have many hidden talents. I just wish I could remember where I hid them.

My idea of a Super Bowl is a toilet that cleans itself.

Exercise helps you with decision-making. It's true. I went for a run this morning and decided I'm never going again.

I'm at a place in my life where errands are starting to count as going out.

April Birthdays

By Gene Klco on Wednesday, March 27, 2024

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

Chris Lewis April 7

Laska Creagh April 15

Naomi Miller April 21

Deborah Wolf April 21