



Club Meeting

Stuart-Sunrise
Meets at Banyan Creek
Country Club
1701 SW Crane Creek Ave
Palm City, FL 34990
Time: Thursday at 07:30
AM

Speakers

January 25, 2024

[Linda Killian, Killian
Cancer Foundation](#)

February 01, 2024

[Carol Houwaart-Diaz,
United Way of Martin
County](#)

February 08, 2024

[District Governor Douglas
Heizer](#)

Birthdays

 Nils G. Weibull
February 19th

 David Shoaf
February 20th

 Ken Furcron
February 21st

Club Member Anniversaries

 Susan Dawson
Whittington
02-22-2007
17 Years

 Michael L
Costopoulos
02-01-2015
9 Years

Rotary News for January 25, 2024

President John led the Pledge and Sue offered the prayer.

February 3: 9AM Mapp Rd cleanup, meet at Holy Redeemer Church. Interact students have been invited.

District Governor Doug Heizer will attend the February 8 meeting.

February 9, 11, 13, 15 and 17 4pm-8pm: beer sales at the Martin County Fair. The signup sheet is circulating at club meetings. Contact Kathy if you'd like to help out and are unable to sign up at a meeting.

Speakers are needed for the second half of February and all of March. Contact Gene if you know of a business, professional or not for profit, that would like to present to the club.

Club members welcomed back Dave Shoaf after an illness. Thanks to the Whittingtons for hosting a fabulous social event. Bocce master Tom announced that proceeds from the entry fees are being donated to Family Promise. He also awarded Ken Furcron the rookie of the year award. A guest Sergeant-at-Arms will be needed for next week as Sue will be absent.

Guests at today's meeting: Snowbird Rotarian David Kennedy, returning guests Carrie Straub and Matt Straub, and Scott Gilmore, whose father, Bob, was a long-time member of the club. Many members met Scott and his wife at the January 21 social event. Welcome all!

Happy Dollars were offered by Dave Shoaf to celebrate 51 years of marriage. Members offered thanks to the Whittingtons for hosting a great social event. John R is happy about the ongoing progress of his new knee and happy/sad dollars were offered for sports teams.

The 50-50 was won by John Robitaille.

Breast Cancer-Not Just a Woman's Disease

By Beth Brownell

Linda Killian and Candy Jones, representing the John L. Killian Foundation www.johnkillianfoundation.com presented information on male breast cancer, emphasizing that it is not just a "woman's disease". 2800 new cases are diagnosed in the US annually and the median age at diagnosis is 68. When breast cancer is diagnosed late, as it frequently is, it is generally at Stage 3 or 4. Most patients have no family history of breast cancer.



Screening saves lives and is not currently part of the routine health exam, either as part of the pre-visit questions or during a health check-up. Aside from screening, self-exam is a key to early detection. Risk factors include race, age, genetics, gender and a history of radiation. Controllable risk factors are diet, exercise, smoking, obesity.

The Foundation was created as a result of the death of Linda's husband John from male breast cancer, diagnosed after an injury to his chest wall. The mission of the Foundation, a 501c3 organization, is to promote male breast cancer awareness, reinforce prevention and early detection, and advocate for those diagnosed with the disease. The goals of the Foundation are to change screening protocols, improve access to information, education, change insurance guidelines for care, and improve support for patients, families and caregivers. For information on male breast cancer the group has created a website: www.moobiepatrol.com Moobie is slang for the male breast.

The main take-away is the Timing is Everything in the diagnosis of male breast cancer. The earlier the diagnosis is made, the more treatment options are possible.