



ROTARY VOTARY

The Rotary Club of West Chester

Wilfrid J. Williams, International President 2007-2008

Bulletin #32 www.WestChesterRotary.us February 21, 2008

This Week's Program: February 21, 2008
Student of the Month & Interact Update
Speaker: Rick Dunlap
Arranged by John Messersmith

Next Week's Program: February 28, 2008
Pre-Breath Testers (PBT's)
Chief Scott Bohn & Lt. Jeffrey Johnson
Arranged by Katie Walker

MINUTES by Sue Casso

President Gary rang the bell at 12:30.

The invocation was delivered by **Bob Connolly** with an appropriate Bible verse about love from Corinthians. Gary continued his "wheelchair" theme in his joke of the day (it's a bad joke when you have to explain it!).

Visitors: **Chuck Swope** introduced Adam Gdowik and Duie Latta (Ed. Note - the next generation of my high school friends!), Gary Altoonian visited without his host, **Mark Sammarone**.

Visiting Rotarians: Susan Cohen and Shauna Yeldell who has relocated to PA from Mississippi and will be joining our club.

Former Mayor (Lord Mayor!) **Cliff DeBaptiste** wished Happy Birthday to **Joe Polito** (something about residuals on a deal), **Jeannie McGinn** wished Happy Birthday to **Mac Neilon** who is celebrating a BIG one and **Annalie Korengel Lorgus** wished greetings to **Doug Marshall**.

President Gary announced a reminder that there are STILL a few members who have not paid the second installment of their dues - ante up! He also informed us that **Bill Eaton** suffered a stroke and we should keep Bill in our thoughts.

On March 13th the Rotaplast Committee is having a fund raiser at the Media Theater with the opportunity to see The Buddy Holly Story.

Happy Bucks - **President Gary** did a make up at the We-Go Rotary and appreciated the hospitality of the club. He was happy to be back home. **Paul Woodruff** was very happy to report a good outcome of his daughter's recent cancer

screenings. **Linda Hicks** is happy that daughter Ashley has graduated and is settled in her new home and in MN. **John Schwab** is happy with the progress being made by the newly forming Rotaract Club.

Jack Wintermute announced that **Bud Deaver** is now at the Methodist Country Home in Delaware and that **Ken Hickman** is doing well following knee replacement (or was it hip?). **Geoff Baker** made sure our prospective Rotarian has Fruit Sale slips and reminded us to "Sell Fruit." **Carl Werner** reminded us of the upcoming Rotary Leadership Institutes.

The 50/50 was won by **Jean Oakes** (again!) but the queen is still hidden.

SPEAKERS REVIEW by Faith Woodward

Katie Knuffer of the Chester County Health Department presented a program on colorectal and skin cancer prevention. Her program is funded by grants and she must prove that her program helps reduce cancer so we all filled out questionnaires. Colonoscopies can detect cancer early on and lead to a cure.

Most of her program was directed towards skin cancer. Sun light contains Ultraviolet A, B, and C rays (UVA, UVB, UVC). The UVCs are absorbed by the ozone layer, UVBs have a shorter wave length and the longer UVA go deeper than the skin and accelerated cancer.

Squamous, Basal, and Melanoma are the three types of skin cancer. One in five Americans get skin cancer with melanoma being the fifth top type of cancer in men and the 6th in women. Those most at risk for skin

cancer have fair skin, freckles, a large number of moles, and a family history.

The six skin types are 1. Always burns 2. Burns easily 3. Burns moderately 4. Burns minimally 5. Rarely burns (brown skin) 6. Never burns (black skin)

To avoid cancer, wear SPF all year long, avoid the sun between 10 AM and 4 PM, and cover up. Tanning presents differently from burns but the effect on the skin is still a burn. Skin cancer risk triples for women less than 40 years of age. Most skin damage occurs before the age of 18. Hispanics and those with darker skin often don't realize that they need skin protection too.

Symptoms of skin cancer include change in an existing mole, a sore that doesn't heal, or moles that have ragged or uneven edges. Basal cell Cancer takes a while to develop. Melanoma penetrates to a deep layer of skin, can spread to other organs, has a high cure rate is caught early, one of the few cancers with obvious warning signs, more common than non-skin cancers. The Melanoma ABCs are Asymmetry, Border irregular, Color, and Diameter (larger than a pencil eraser).

Sunscreen with a Sun Protection Factor (SPF) of 15 should be used all year long. (15 means you would burn 15X as much in 20 minutes without the SPF) It should be applied every 2 hours. SPF 30 and above is essentially all the same protection. Vitamin D from the sun will be blocked out but one still gets enough D from the sun through one's head or spots missed with the sunscreen. Use one ounce (a shot glass size) of sunscreen each time and use up the tube at least in one year.

SAVE THE DATE

Feb 29 Fruit orders due
Mar 8 Fruit Pick up
Apr 25 District Conference
Oct 5 Chili Cook Off

Check out the Rotary Calendar of events at <http://www.westchesterrotary.us/clubcalendar.htm>

Add events: calendar@westchesterrotary.us

THANK YOU

Copies of the Votary are provided at our meeting by **Mac Neilon** of Penn Office Products.

EXCHANGE STUDENTS

Bjoern Brauner (Germany) Henderson HS
Host Family: Christina Ellis & Andrew Sitkoff
852 Chandlee Dr. West Chester
610-692-4917

Bert Volger 610-793-1708(H)
484-459-9023(C)

Andrea Kogoj (Italy) Unionville HS
Host Family: Marc and Rachel Bevis
110 Merrymet Farm Dr. Kennett Square
610-444-0324(H) 610-563-0443(C)

Joe Polito 610-692-8123(H)
610-431-3090(W)

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HOW TO GET IN TOUCH

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