



EastWind

The Newsletter for Santa Rosa East Rotary
The Crown Jewel of District 5130

Sunshine Report

No new reports of illnesses. Joke about man and nagging wife who go Jerusalem. Wife dies. Cost is 5K to ship body home, \$150 to bury in homeland. He chooses to pay 5K to send her home. Explains, "2000 years ago a man died and was buried here but rose again in 3 days. I can't take that chance."

Craft Talk by Allan Beattie

He first joined rotary in 1956 in Fort Bragg, Ca. Has also been Rotarian in Arcata and Los Gatos. WW II vet in the navy – has some good pictures. Very happy we inaugurated an African American president today. Remembered difficulties finding a restaurant after high school basketball games since his team had a black player.

Inspiration

In honor of the Presidential Inauguration we sang "God Bless America" led by the very able voiced Larry Lira.



Announcements:

SCARC Dinner hosted by Santa Rosa club but in Petaluma Jan 29.

Salvation Army Holiday Bell Ringing – we raised \$1450 – got a big thanks from them

Fundraiser reminder:
Checks to SRE Rotary
Foundation

Special Visitor of the day:
Baby Lucas Ribeau. Very, Very cute baby. Obviously takes after his grandparents.

\$\$\$ FINES, FINES, FINES

Prez Dan showed no mercy to new Mommy Michelle R. even with the cutie pie baby to soften him up. Fined her \$100 for Lucas' B-day and her own.

Doug Wayman had a B.day. Tried to distract Prez Dan with long story about white pilot being miffed about having flight check by black pilot.

Dan saw through the ploy and fined him \$39
Allan B. reminded Prez Dan that his 83rd B-day was Jan 15. Fined \$41.50
(The old guys are now paying 1/2 their age)

Cloud 9 Dollars

M. Lira enjoyed the Night of 1000 Dinners AND finked on Joe Mauer who seemed to win every raffle prize \$1
Joe says he ONLY won 5/9 raffle items and coughed up \$20 after some fuzzy math

N Hill kicked in \$2 – she's happy her 20 yo grandson is enjoying college (who wouldn't?)

JT gave us a "Nick Update" – hes in his 2nd week of airborne. This week he is dropped from 200 ft tower in a harness. Next week he has 6 jumps from an airplane, the last of which is at night.

Jean C. happy the fundraising committee is doing a good job \$1

Jim Allen - \$5 to celebrate today's inauguration and that we have a smooth transition of power in our country.

Program Notes

Rob Reed from the United Way discussed cancer statistics and screening. The big statistics to remember: 1:2 men will be diagnosed with cancer in their lifetime and 1:3 women will be diagnosed with cancer in their lifetime. (Most are much later in life or even found after death so it seems much lower than this when you think of your own acquaintances and family). The big killers are Lung and Colon for both

sexes and prostate for men and breast for women. There have been great advances in recent years in terms of treatment, but prevention is the better way to go. (He is a 2 time cancer survivor and does NOT want to admit you to the "C-club.")

Clearly, Lung cancer is linked to smoking. DON'T smoke and try not to live with a smoker (second hand smoke is also a big risk factor.)

Prevention of colon cancer begins with a high fiber, low fat and low alcohol diet.

Smoking is a risk factor for colon cancer also. Colon cancer screening includes colonoscopy every 5 years. Warning signs: Blood in stool or with bowel movement and change in bowel habits.

Not much is known at this time about how to Prevent colon cancer, but early detection is a good way to go – get a PSA yearly!!! Warning signs are change in urination or nagging pain in back or hip.

Breast cancer prevention – the best is child birth prior to age 35. Again, early detection is possible with yearly mammograms for women 40 and over.

Smoking increases prostate and breast cancer risk, as does high alcohol intake. If you have questions about your individual risk of cancer, the American Cancer Society can help you. **(707)545-6720 www.cancer.org**