



“The Peal”

Rotary Club of Canandaigua



MEETINGS
THURSDAYS 12:15
www.canandaiguarotary.org

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“IMAGINE ROTARY”
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TODAY'S PROGRAM: Keith Turner - Ontario Pathways

NEXT WEEK: David Hannan, PDG - Polio Update

NOTES FROM OCTOBER 20th MEETING



Pledge:
President **Marty Potter**

Visiting Rotarians & Guests: None

Welcome back **Bill Hallett** – great to see you!

Remembrance: Get well wishes go out to **Jack Moran** who broke his arm, and to **Joe Kardesh** who is going through physical therapy.

Our thoughts go out to **Joe Delforte** and his sons on the recent passing of Melissa Delforte.

Birthdays: **Jodi Kaufman**

Anniversaries: **Bob & Kit Palumbo, Gloria & Tim Harrington**

Exchange Student: Maja has been busy with cheering and attending an Interact meeting. She had a big carton of fudge to pass out to our members who purchased fudge.

Announcements

- Downtown Canandaigua Halloween Party at the Commons Park from 11:00-12:30 p.m. on 10/29, where Rotarians will be helping the children.
- Need more volunteers for Onanda Park Halloween Event on 10/29 from 2-5 p.m. in Cabin 13. Also needed are helpers in the parking lot. See **President Marty** (help at event) or **George Herren** (to help with parking).
- Club received a request from a potential Eagle Scout asking for \$250 to build Purple Martin bird houses.
- Camp Babcock Hovey is up for sale and one person is interested in purchasing it and keeping it as a place for community groups to use.
- The Granger Homestead Festival of Trees is fast approaching. Help is needed on Friday 10/28 to decorate the Rotary tree. See **Marty Potter** to help.
- Food Pantry at Zion Fellowship from 11 a.m. - 1 p.m. on 10/24, 11/21 & 12/19. Call Ashley at 396-4554 to volunteer.
- Light Hill Luminary Event is November 5th at Kershaw Park. Must purchase the luminaries by 10/31. Help is needed on the day of the event to set up the bags and to light the candles.
- Wood Library's Pursapalooza is November 19th. General admission is \$15 and the Champagne Presale Event is \$30.
- Salvation Army Bell Ringing: Saturday, November 26th & December 17th. Please sign up for at least a one hour slot.
- District Foundation Brunch: RIT Conference Center, 10/30, Noon.

Environmental Tip: buy reusable filters for your air conditioner and heat system.

Fines



Happy Dollars

Scott Kesel reported it was 7 years ago that the start up committee for Fort Hill Performing Arts Center met at the Wood Library.

Gareth Evans was happy to report that both the Gorham and Naples Rotary Clubs have joined in his challenge.

Kim Tenreiro wanted to walk 2022 miles this year and he finished that journey last week.

George Herren made a short trip to the Adirondacks and was happy to report that Carin was lucky to not come down with COVID where she resides.

Judi Gorenflo spent two weeks in Tahiti.

Jodi Kaufman forgot to bring back the Pit Pass for her travels – trips to Sweden and Chautauqua Lake.

Adeline Rudolph paid for an announcement: the CA Players are doing a fundraiser on 10/25; it starts at 4:30 p.m. at Tom Wahl's. Their fall play is the first weekend in November.

Program

Steve Fine of the Melanoma Education Foundation presented his program via Zoom. The organization is a 501-c3 group that was founded in 2000. Their primary focus is to warn middle & high school students of the risks of Melanoma. There are three types of skin cancer:

- Basal Cell Carcinoma with raised waxy nodules and are usually slow growing
- Squamous Cell Carcinoma with raised red patch that is rough, dry & scaly that bleeds and may spread internally
- Melanoma that is predicted to have 200,000 cases per year in the USA. There are usually no symptoms until it's too late. It is most prevalent in the 25-29 age group and 25% of patients are under 40.

Risk factors for Melanoma include: inherited, moles that are large or irregular shape, sun-sensitive skin, and family or personal history. Also individuals who had a blistering sunburn before age 20, exposing skin to strong sun, and using tanning beds regularly.

Change in a mole is a warning sign for Melanoma; change in size, color, shape, thickness, or if a new mole appears suddenly.

The deeper that Melanoma goes into the dermis (skin), the more likely to come in contact with blood vessels and spread. Steve reported that the most common spot for males is on their backs, and for females the back of their legs. He recommends that everyone do a self-check of their body every month. He also suggested “When in Doubt, Have it Out”. More information is available on skincheck.org.

Protect yourself by:

- Avoid using only sunscreen
- Choose a sunscreen with at least SPF 30
- Use a sunblock stick on your face, nose, lips, cheeks & ears
- Wear protective clothing & wear UV rated sunglasses
- Minimize outdoor exposure from 10am-4pm
- Protect yourself from reflected UV rays from sand, water & snow

Joker Draw: **Kim Tenreiro** drew the 7 of Hearts. **Jack Kellogg** took home \$16.

