

## Reporting Hybrid Meeting of 10 October 2022

### Calendar of Events

**Last Week:** 10/3 Terry Lustofin – GE Elfun Computer Rehab.

**This Week:** 10/10 Melanoma Education Foundation-Stephen Fine  
(Zoom only meeting)

**Next Week:** 10/17 Greater Galway Food Pantry -- Karen English  
(Hybrid Meeting- Zoom/Town Hall)

**Coming Up:** 10/15 Town in Bloom Clean up  
10/19 BH/BL Rotary Drive Thru Dinner  
10/24 Saratoga PLAN with Michelle Culbert  
(Hybrid Meeting-Zoom/Town Hall)  
11/21 Multi-Club Dinner Meeting

**Note: Regular Zoom Meetings are held Mondays at 6:30 pm.**  
Check your e-mail inbox the day of the meeting for the computer Zoom link and password, as well as the phone number you can use to phone in if using your cell phone to participate.

Note: Many Meetings are now hybrid with an in-person option.  
*Please give suggestions for future programs to Darlene Bower & Peter Sawyer.*

*Find us at [bhblrotary.org](http://bhblrotary.org) and on Facebook*

*Together, we see a world where people unite and take action to create lasting change - across the globe, in our communities and in ourselves*

### Melanoma Education Foundation Stephen Fine

Stephen Fine, Founder and President of the Melanoma Education Foundation, joined us this evening. The Foundation was established in 2000 with a mission to educate people about melanoma. The target audience has been high school and middle school teachers and students.

Melanoma can affect those of any age from pre-teen to adult. There are just as many cases in the northern part of the country as there are in the south. He shared information about different types of skin cancer including Basal Cell Carcinoma, Squamous Cell Carcinoma, and Melanoma. He emphasized that in the early stages melanoma is easily detectable and curable. He shared visuals and information about atypical moles and normal moles. Changes in moles can be a warning of skin cancer including any

change in color, texture, size, shape, or thickness. Don't wait for itching or bleeding—this can be too late.

Stephen shared visual images of melanoma at different stages. He shared the “EFG signs” including elevated, firm to touch, and growing for more than two weeks. Stephen shared the importance of advocating for yourself and the saying, “when in doubt, get it out.” He also shared how to check your skin, which should be done monthly. He recommends two mirrors – a wall mirror and hand mirror, hairbrush (to part your hair to check your scalp), and a light. This check only takes about ten minutes. If you find something suspicious, see a dermatologist. He recommended the foundation's website [skincheck.org](http://skincheck.org) for more information.

He shared information about the sun and its radiation, with emphasis on ultraviolet light. Stephen discussed the impact and risk of tanning beds. For information about sunless tanning, visit [sunless.com](http://sunless.com)

He recommends sunscreen that is broadband and suggested a sun-stick for use on the face. He discussed combining sunscreen with protective clothing, sunglasses, and staying out of the sun if possible. Stephen discussed the correct application of sunscreen and information about Vitamin D.

### ANNOUNCEMENTS

- Thank you to all who helped with the golf tournament.
- BoD meeting on Wednesday, October 12 @ 4:30 (scribe needed)
- Still need a President Nominee and a Secretary. In the interim, looking for rotating volunteers to take notes at BOD meetings
- 10/19 BH/BL Rotary Drive Thru Dinner through Spartan Catering at the BH/BL High School. Please see email from Darlene with attached order form which is due back at the latest on 17 Oct. Orders can also be completed online at [BH- BL Rotary Club Drive Thru Dinner- Oct.19, 2022 \(google.com\)](http://BH-BL Rotary Club Drive Thru Dinner- Oct.19, 2022 (google.com))
- Apple Pie Festival will be held at the Middle School on 11/8
- Steve Caine provided an update on the International Grant.
- Our Club will participate in Wreaths Across America at Gerald B H Solomon Cemetery on December 17<sup>th</sup> at noon.
- Walter shared the latest edition of *Saratoga* that has an article about Gil's Garage.
- No meeting on Monday October 31–Halloween.

Reported by Maryellen Symer