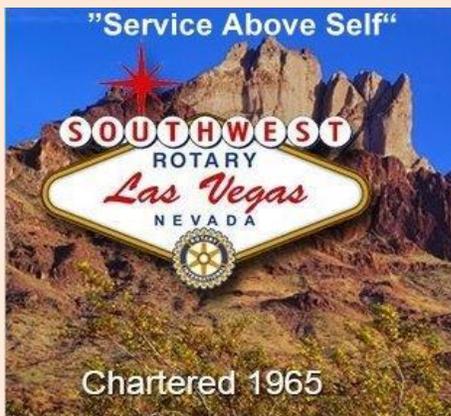




District 5300



Karl Maisner



Immediate Past President
Ron Reynolds

President Elect
Sean Tanko

Secretary/Treasurer
Jordana Lane

Directors
Shawn Callahan
Rebecca Collett
Eric Colvin
Tom Martin
Karen Strawn

Advisors
Fred Fukumoto
Keith Thomas
Bruce Pope

Committee Chairs
Community Service-Paul Gustilo
International Service-Shawn Callahan
Vocational Service-Joe Wittenwiler
Youth/Cultural Exchange-Adrienne Cox
Foundation-Ted Henderson
Club Service-Cliff Silverstein
Membership-Rebecca Collett
Public Relations/Calendar Newsletter
-Keith Thomas
Programs-Bryan Dziedziak

Monday, Noon
Lawry's Prime Rib Restaurant
4043 Howard Hughes Parkway
(Paradise and Flamingo)
Las Vegas, NV

501c(3) Tax ID# 81-1650174
501c(4) Tax ID# 88-6008778

PO Box 70126, University Station
Las Vegas, NV
89170-0126

southwestrotary@cox.net

Club Phone-702-870-4655

Check out our website
www.lvsr.org and our Facebook
page - "Rotary Club of Las Vegas
Southwest")

#VegasStrong

Las Vegas Southwest Rotary Newsletter 5/13/19

Presiding and Conducting: **President Karl Maisner**
Prayer and Pledge **Doug Malan**
Photos: **Ted Henderson** (see below or click [here](#))
Mic duty: **Shawn Callahan**
Newsletter: **Obadiah Dogberry, Esq.**

VISITING ROTARIANS

Ed Frederick visited us today from [the Rotary Club of Waseca](#), Minnesota. Ed is Past District Governor of [District 5960](#) (1982-1983). He joined Rotary in 1951 and has maintained a perfect attendance record ever since! He is Professor Emeritus in the College of Agricultural, Food, and Environmental Sciences at [University of Minnesota](#). In his spare time, he is also the chair of the board of directors of "[Farmamerica](#)", Minnesota Agricultural Interpretive Center. He also exchanged club banners with **Pres. Karl**.

GUESTS

Ken Frederick accompanied his dad, Ed, today. Ken is a senior waste management specialist. He is also has a horticulturist degree along with an accounting degree. He said they visit Las Vegas a couple of times a year. Welcome, Ed and Ken, and come back and see us the next time you are in town. We want to make sure Ed keeps up his perfect attendance record.

SERVICE ABOVE SELF



The Object of Rotary

THE OBJECT of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST The development of acquaintance as an opportunity for service;

SECOND High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service

The Four-Way Test

OF THE THINGS we think, say, or do:

- 1) Is it the TRUTH?
- 2) Is it FAIR to all concerned?
- 3) Will it build GOODWILL and BETTER FRIENDSHIPS?
- 4) Will it be BENEFICIAL to all concerned?

Rotarian Code of Conduct

The following code of conduct has been adopted for the use of Rotarians:

AS A ROTARIAN, I will

- 1) Act with integrity and high ethical standards in my personal and professional life
- 2) Deal fairly with others and treat them and their occupations with respect
- 3) Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
- 4) Avoid behavior that reflects adversely on Rotary or other Rotarians

SPECIAL PRESENTATION

Elaine Barlin was presented with the “accoutrement” surrounding her induction into Rotary last week; “a jug of wine, a loaf of bread and thou”. (Ok, no “loaf of bread” and no “thou”, but she did get a jug of wine and various other Rotary items...plaque, certificate, etc.) Welcome, Elaine, you are on the way to becoming an awesome Rotarian.!

ANNOUNCEMENTS

Pres. Karl thanked everyone who helped out at Happy Feet (check out the pictures [here](#)) last, Friday (5/10/19) from 7:30 to 9:30am. It was held at the same school as before (named after a Rotarian), [William E. Ferron Elementary School](#) at 4200 Mountain Vista Street, Las Vegas, NV 89121. [MAP](#) The school is located south of Flamingo and east of Boulder Highway. Sketchers is the company that we will now be partnering with now that Payless is closing their stores.

Pres. Karl thanked those who attended [District Assembly](#) and [District Conference](#) in Anaheim last Friday and Saturday. In addition to himself, he said that Jordana Lane, Ed and Sheral Guthrie, and Keith and Sherrie Thomas, and Rebecca Collett were in attendance. A great time was had by all. Our club received recognition for International Service, Rotary Foundation, Club Service and Community Service (see pictures of the patches in the [pictures](#) link)

Pres. Karl reminded everyone about the following events:

1. 5/18 is [Superbuild](#) in Mexico.
2. 5/20 – Dark for Social Evening on 5/23.
3. 5/23 – Social Evening at 6 pm at [Home Plate Grill and Bar](#).
4. 5/24 - Red Rock Summerlin Club joint project – sponsoring an “anti-bullying” event including a barbecue from 4 to 8 pm.
5. 5/27 – Dark for Memorial Day
6. 5/29 - Feed the Homeless. 4:30 pm to 6pm at [Christ Church Episcopal](#). CCE is located at [2000 S Maryland Pkwy, Las Vegas, NV 89104](#). We provide the food for the dinner and we provide clothing for distribution; slightly used clothing, preferably light weight clothing since the weather has already warmed up.
7. 6/1-6 - [International Convention](#) in Hamburg, Germany.
8. 7/12 - The Summerlin Rotary Club is promoting Rotary Night at the Aviators ballpark Friday evening, July 12th. Ticket price is \$20, all sitting together. Contact Jim Camburn at jimcam40@icloud.com for tickets. He will need a response soon for Aviators to hold our tickets.

Ted Henderson announced that he, as Club Foundation Chairman, was in the process of sending \$3,275 to Rotary International Foundation representing donations from Southwest Rotary. Our club members are exceptionally generous and each one of them deserves a great big THANK YOU for all they do to help eradicate polio around the world.

Ron Reynolds asked that all the past presidents meet afterward for a few minutes to discuss a very important subject (no doubt to discuss preparations for the “debunking” of a certain soon-to-be past president???)

PRESIDENT’S CHALLENGE

From **Pres. Karl**. “If you attended our lunch meeting today, you would have heard that I would like to make a large final push to increase our membership before I complete my year as your President. I am challenging each one of you to come up with one person... just one name that you can hand into the club as a potential new member of the Rotary Club of Las Vegas Southwest.

Remember, to think of people who are interested in making our community a better place; who have the wherewithal to support our projects; and who have the time to devote to making our club and our projects something bigger and better than they already are.

Bring this person with you to an event, if possible, but definitely bring them to lunch and/or an evening social. And be sure to provide us their name and their contact info so we can check on them regularly.

This is for the good of our club...to improve our capabilities but more importantly, for our longevity and continued success.

I will be reaching out to you all in the coming weeks in hopes you have been able to identify just one person. Thank you in advance and let’s continue to make Las Vegas Southwest a standout club!”

RECOGNITIONS

Pres. Karl announced the recent birthdays of **Doug Malan, Jordana Lane, and Scott Baranoff**. Pres. Karl was immediately reminded that all had already been previously recognized and that he must have forgotten. **Pres. Karl’s** response was that he has been preoccupied with the recent birth of his baby daughter (hard to argue with that excuse!!!)

Eric Colvin was asked about a recent article in the Las Vegas Review Journal in which Jessica Colvin was extensively quoted. Eric’s response...”Hey, she’s the CFO for Clark County and they have a huge budget so she has to be available for comment. You can’t blame me!” Unswayed, Pres. Karl recognized Eric with a \$100 fine. Whereupon Eric took the opportunity to remind everyone that the Ely Rotary Club Golf tournament is coming up on 6/8 and that he would probably be going up to participate (as you know Eric’s family is from Ely and he owns a palatial estate there that he only visits a few times a year...ah, such is the life of the privileged few!) Eric also commented on the fact that the Rotarians in Ely are also members of the Elks Club (in fact, he said that a friend of his had joined the Elks Club when he was only 18, because the Elks permitted 18 year olds to drink at the club!)

Tom Martin was asked if it was true that he had a new car. He protested that it wasn’t even his, it was Donna’s, and furthermore he hadn’t even picked it up yet. Asked what kind of a car it was, he said “MKZ” (to the Rotarians in the club who still drive 25 year old vehicles, an “MKZ” is a Lincoln luxury car – check out the car [here](#).) Tom’s protests availed him nothing except a \$150 recognition.

GIFTS FOR THE PRESIDENT (Postcards, anyone?)

Bruce Pope once again provided a plethora of postcards from places undisclosed by **Pres. Karl**. (Hmmm, do you think there really were any postcards sent???)

DRAWING

Today's winner was **Ted Henderson**. Hmmm, that Ted is sure lucky lately. I seem to recall that he was the winner of one of the gold coins at the Gold Raffle.

SPEAKER

Today's speaker was Francis A. Friday. She has been a volunteer with [the Susan G. Komen Foundation](#) since 1989.

She received her B.S. in Computer Science from York College in Queens, New York, and an A.A. in Nutrition from The New York Institute of Technology.

She retired from teaching high school computer technology in the NYC school system.

She is an avid reader but also enjoys hiking, walking and biking. She also volunteers with the Henderson Chapter of Vietnam Veterans (her husband, who accompanied her today, is a Vietnam veteran.)

She is also a two time breast cancer survivor since 2013.

She shared her personal breast cancer story and gave us some basic breast health information and a bright pink scarf. See the attachments below after the pictures.

CONCLUSION

We concluded the meeting by standing and reciting the Four-Way Test:

ROTARY



THE FOUR-WAY TEST
of the things we think, say or do

first

Is it the TRUTH?

second

Is it FAIR to all concerned?

third

**Will it build GOOD WILL
and BETTER FRIENDSHIPS?**

fourth

**Will it be BENEFICIAL to
all concerned?**

INTERNATIONAL

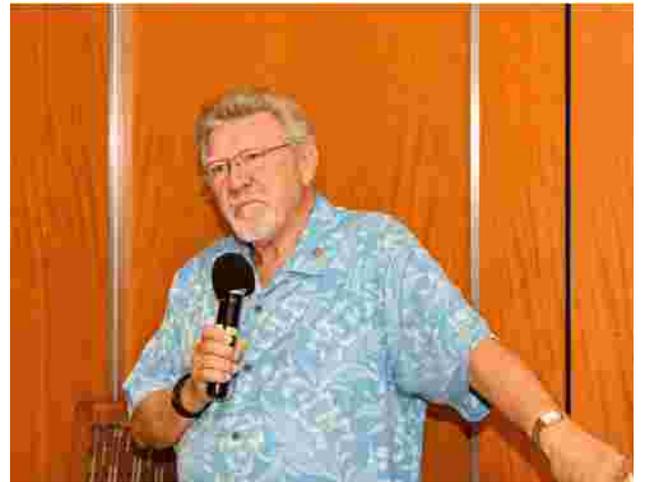
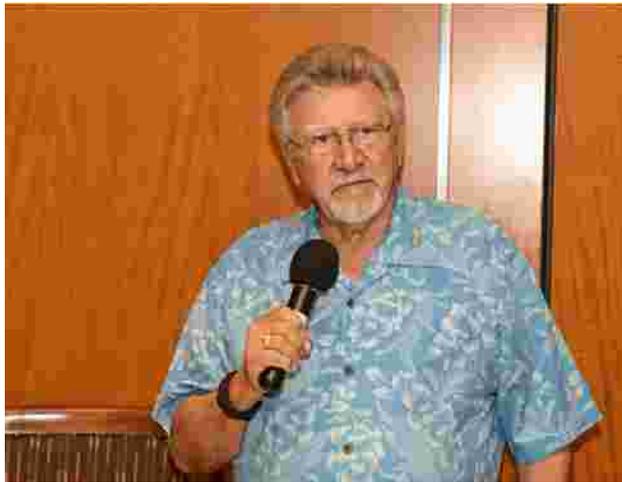
RUSSELL-HAMPTON CO.

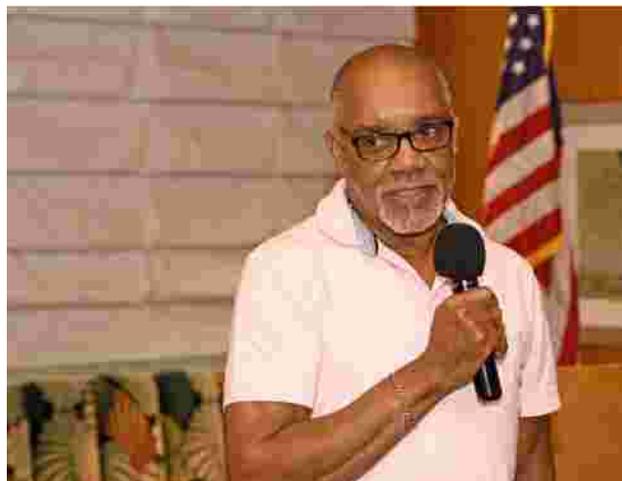
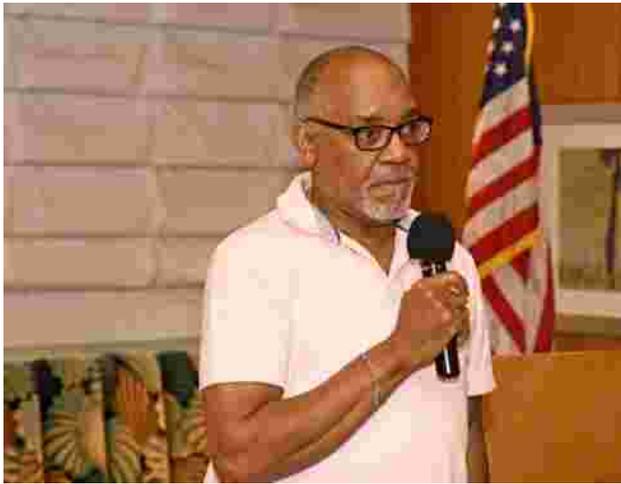
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Breast Self-Awareness Messages

1. Know your risk

- Talk to both sides of your family to learn about your family health history.
- Talk to a doctor about your risk of breast cancer.

2. Get screened

- Talk with a doctor about which screening tests are right for you if you are at higher risk.
- Have a mammogram every year starting at age 40 if you are at average risk.
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.
- Sign up for your screening reminder at komen.org/reminder.

3. Know what is normal for you

See a doctor if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

4. Make healthy lifestyle choices

- Maintain a healthy weight.
- Add exercise into your routine.
- Limit alcohol intake.
- Limit menopausal hormone use.
- Breastfeed, if you can.

For more information, visit our website or call our breast care helpline.

www.komen.org 1-877-GO KOMEN (1-877-465-6636)

Know what is normal for you

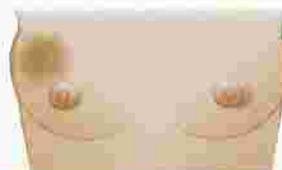
The signs of breast cancer are not the same for all women. It is important to know how your breasts normally look and feel. If you notice any change, see a doctor.

Changes that should be reported include:

- Lump, hard knot or thickening inside the breast or underarm area



- Swelling, warmth, redness or darkening of the breast



- Change in the size or shape of the breast



- Dimpling or puckering of the skin



- Itchy, scaly sore or rash on the nipple



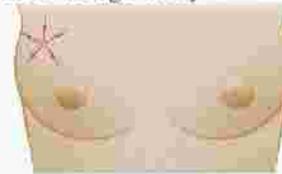
- Pulling in of your nipple or other parts of the breast



- Nipple discharge that starts suddenly



- New pain in one spot that does not go away



In The United States

- Breast cancer is the most common cancer among women in the U.S.
- One in 8 women in the U.S. will be diagnosed with breast cancer in her lifetime.
- Every 2 minutes, a woman in the U.S. is diagnosed with breast cancer.
- In 2018, more than 260,000 new cases of invasive breast cancer are expected to be diagnosed among women and more than 2,500 cases in men in the U.S.
- In 2018, more than 40,000 women and more than 400 men in the U.S. are expected to die from breast cancer.
- Improvements in early detection and treatment have contributed to a 39 percent decline in breast cancer deaths in the U.S. between 1989-2015.
- It's estimated that over 154,000 people in the U.S. have metastatic breast cancer.
- Today, there are more than 3.5 million breast cancer survivors in the U.S.



Around The World

- Breast cancer is the most frequently diagnosed cancer in women around the world, with an estimated 1.7 million new cases recorded in 2012.
- Breast cancer is the leading cause of cancer death in women around the world.
- Every minute, somewhere in the world, a woman dies from breast cancer. That's more than 1,400 women every day.
- Today, there are more than 6 million breast cancer survivors around the world.

The most common risk factors for breast cancer are being a woman and getting older.

Every 2 minutes, a woman in the U.S. is diagnosed with breast cancer.



Mammography



What is a mammogram?

A mammogram is an X-ray of the breast. It is a breast cancer screening tool. It can find breast cancer in a person who does not have any signs.

Overall, it is the best screening tool we have today to find breast cancer early in most women. It can find breast cancer when it's very small, even too small to feel. It can also detect calcifications as well as abnormal changes to the skin.

A mammogram can also be used as a follow-up test when a problem is found on a screening mammogram or clinical breast exam. This is called a diagnostic mammogram.

Regular breast cancer screening (along with follow-up tests and treatment if diagnosed) reduces your chance of dying from breast cancer.

Approximate size of tumors found on a screening mammogram (compared to U.S. coins)

Average-size lump found by yearly mammogram when past images can be compared.



Average-size lump found by first mammogram.



Average-size lump found by accident.



Mammography

What to expect on the day of the exam

On the day of the exam, wear a shirt you can remove easily. Do not use deodorant, perfume, powder or lotion under your arms or breasts. Ingredients in these products can show up on a mammogram and make it hard to read. Getting a screening mammogram takes about 15 minutes.

During the exam, each breast is pressed between two plates and an X-ray image is made. Two views of each breast are taken, one from the top and the other from the side.

You should get your results within two weeks. If you don't, call your doctor.

Screening and diagnostic mammograms are about the same. There may be more views taken with a diagnostic mammogram, though.

Questions & answers about mammography

Are mammograms painful?

Getting a mammogram shouldn't hurt. You may feel some pressure but it only lasts a few seconds.

Is the radiation harmful?

Being exposed to a small amount of radiation during a mammogram can increase the risk of breast cancer over time, but this increase in risk is very small. Studies show that the benefits of mammography outweigh the risks.

Should I get a mammogram?

Talk with your doctor about when and how often to get a mammogram.

What if I cannot afford a mammogram?

The Affordable Care Act requires all new health insurance plans to cover mammography for women ages 40 and older. This includes Medicare and Medicaid. Call our breast care helpline at 1-877 GO KOMEN (1-877-465-6636) for information about low cost programs that may be in your area.

1-877 GO KOMEN (1-877-465-6636) www.komen.org

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Men can get breast cancer

Men don't think of themselves as having breasts. For men, it's their chest or their "peccs." So it may come as a surprise to some men to learn they are at risk of breast cancer.

The fact is men do have breast tissue. Although rare, they can get breast cancer. In the U.S., more than 2,000 new cases of breast cancer are diagnosed in men and about 400 men will die from breast cancer each year.

You may be at risk

We don't know exactly what causes breast cancer to develop or who will get it. But we do know there are some things that may put a man at higher risk, such as:

- Being older
- Having a *BRCA2* gene mutation
- Having a family history of breast cancer
- Having gynecomastia (enlargement of breast tissue)
- Having Klinefelter's syndrome (a genetic condition related to high levels of estrogen in the body)
- Being overweight or obese

Talk to a doctor to find out what else may put you at risk.

Even if you have more than one risk factor, you may never get breast cancer. And men who have no known risk factors can still get it.



Get the tests you need

If you have any of the warning signs, you may need to:

- Have your chest area checked by a doctor.
- Tell a doctor your medical history.
- Get an X-ray of your chest area.
- Have other tests, like an ultrasound or a biopsy. (An ultrasound uses sound waves to create a picture of your chest area. A biopsy is the removal of tissue to be tested.)

If Diagnosed

Don't let the surprise of the diagnosis distract you from the seriousness of this disease. It is important to ask questions. Gather as much information as you can to help you make decisions about your treatment.

Treatment can help

If tests show you have breast cancer, you will need treatment. The kind of treatment depends on:

- The type of breast cancer you have.
- The stage of your breast cancer.

Treatment of breast cancer in men involves some combination of surgery, radiation, chemotherapy, hormone or targeted therapy.

Don't ignore it!

Most men don't know they can get breast cancer.

They may:

- Ignore the warning signs that suggest something is wrong.
- Not tell a doctor what they're feeling because they're embarrassed or worried.
- Wait too long to get help.

Here's what to look for:

Talk to a doctor if you have any of these warning signs. Don't wait. Be sure to call if:

- You feel a lump, a hard knot or swelling in your chest area
- The skin on your chest dimples or puckers
- Your nipple pulls in toward your chest wall
- You see any redness or scaling on your nipple
- There is a discharge coming from your nipple

If you don't have a doctor, call your health department, a clinic or nearby hospital.



Remember

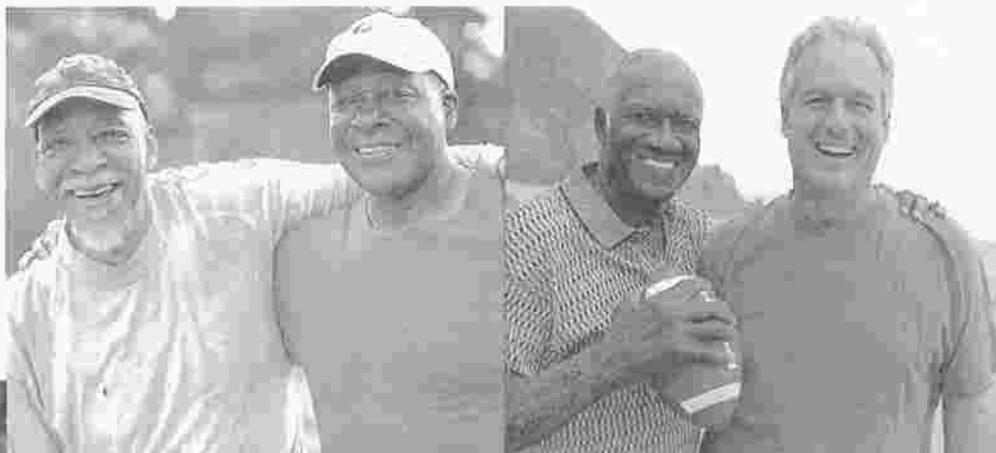
Don't ignore the warning signs!

- See a doctor if you notice any change in your chest area, such as a lump or a change in your nipples.

We can't prevent breast cancer. But if you do get breast cancer, it can make a difference if you:

- Find it early.
- Get treated right away.

Then you can be there for the important things in life!



Wayne Dornan

*Komen Advocate in Science member
and breast cancer survivor*

"At first, I was embarrassed by my diagnosis... as if somehow it would be better if I had a "male form" of cancer. But I quickly decided that I would take this disease head-on. It would not define me or change the way I lived."

susan G.
komen



For more information on breast cancer, visit
susanGkomen.org. You can also call
1-800-4-A-KOMEN (1-800-426-6663).
Monday through Friday, 9 AM to 4 PM ET.

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www.susanGkomen.org

**Men Can Get
Breast Cancer Too.**

Find out more about it.

susan G.
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WARRIOR

WARRIOR

