



RICHLAND

March 4, 2014

ROTARY REACTOR

Editor: Leslie Hawkins
Editor Emeritus: Hal Ellner
Design: Jan Jackson
Web Site: www.richlandrotaryclub.org

• PO Box 37 • Richland, WA 99352
• Meetings every Tuesday at 12:10 p.m.
Red Lion Hotel (Hanford House)
• Charter 7390 • District 5080 • Club ID#262

Speaker Schedule for March

3/11 Kelly Reed: Library Therapy Dog program
3/18 C. Mark Smith: Getting published
3/25 Adele Conners: Childrens Theater

Preliminaries

There was no sunshine visible from the basement Vernita Room, but In honor of the first sun in weeks shining outside, and our newly-purchased computer that allows him to flash the lyrics of a song on the screen—even a song we don't know, or perhaps ever heard of—Justin chose a classic song from the 1939 film, The Wizard of Oz, "Somewhere Over the Rainbow." Your scribe can report that the computer worked well.

Guests and Visiting Rotarians

There were no guests today. Julio Vasquez and Heather Philbinn visited from the Columbia Center club.

Announcements

Chris Smith provided an update on the unique hand-held water filtration system he's developing and asked if there were any in the club who might be interested in working with him to move the project forward to the next step. Please see Chris if you are interested.



50/50

Julie Funfar was in charge of the drawing today. There was \$105 in the pot. Kathy Miller drew the winning number, but not the winning chip. Bob Best collected the \$10 consolation prize.

PAUL HARRIS FELLOWS

Judy Addis (3S) (B)	Diahann Howard	Bing Manawadu	Bill R. Siefken (1R)
Steve Arneson (3S)	Jan Jackson (2S)	Mike McAndrew	Mike Sinclair
Jeremy Asmus (1S)	Rick Jansons (1S)	Grant McCallum (3S)	Mark Smith (5S) (B)
Jim Bauer (2S)	Larry D. Jecha	Bill McCue	Lloyd Swain (5S) (B)
Linda Bauer (2S)	Darrel Johnsen (2S)	Jerry J. McGuire (B)	Bob Tibbatts (1S)
Bob Best (2S) (B)	Cindy Johnson (1S)	Richard L. McLean (5S) (B)	Sam R. Volpentest (1R) (B)
Tom Bock (1R) (B)	Roy Keck	Kathy Miller (4S)	Gregory T. Warner (1S)
Gordon Bopp (1S)	Scott Keller	Robert D. Nichols	Tom Watkins (D) (B)
Dee Burrie	Shelley Kennedy	Greg Oberg (4S) (B)	Ken Williams (4S)
Herb Cahn (4S) (B)	Tom Kirchner (1R) (B)	Marlene Oliver	Hal Williamson (D) (B)
Blaine Carr (2S)	Walt Kirkpatrick (2S) (B)	Thomas M. O'Brien (2S)	Keith Woods (2S) (B)
Thomas A. Cowan (3S) (B)	Art D. Kohler (3R) (B)	Jon M. Putz (5S)	Jack D. Zinn (4S)
John Darrington	Dave Larkin (3R)	Ed Revell (3S) (B)	(B) Benefactor
Bob De Lorenzo (D) (B)	Pamela Larsen (4S) (B)	Dick Richter	(D) Diamond PHF
Jeanne Dillner (2S)	Bob D. Larson (4S) (B)	Robert Rivera	(DD) Dbl. Diamond PHF
Hal J. Ellner (1R)	Phil Lemley (2S)	George Sanders (2S) (B)	(R) Ruby
Barbara French (D) (B)	Tim Lewis (2S)	Gary Scofield (4S) (B)	(#R) Multiple Ruby
Bill Friend (1S)	Yosen Liu (1S)	Anjan K. Sen (1S)	(S) Sapphire
Jan Griffin (1S)	Larry Lowry (1S) (B)	Chris Senske (1S)	(#S) Multiple Sapphires

Officers

PresidentJeremy Asmus
President Elect.....Linda Bauer
Secretary.....Bob Tibbatts
Treasurer.....Dick Richter
Foundation Treasurer..Mike Winegardner
Past President.....Tim Lewis

Directors

Club Service 'A'Stan Jones
Club Service 'B'Justin Raffa
Community Service..Diahann Howard
Vocational Service...Jeanne Dillner
International Service.....Jim Bauer
New Generations.....Open
Membership Activities....Blaine Carr

Judge Tom Kirchner

The judge went after the inevitable “low-hanging fruit”—club and marriage anniversaries and birthdays. Tom Bock won the prize for the longest club longevity—38 years—while Madeleine Brown had the shortest, celebrating her first anniversary in the club. Bill Siefkin had a fishing story. Jan Griffin had an Apple Store story, and Ken Williams had a lot to say, but I think there was a story somewhere in there about snowmobiling. Thanks for sharing, Ken!

Program

Pat Haggerty introduced our speaker, Susan Rogers, from Trios Health. She has been a nurse for 30 years and works at the Endoscopy Center, which is located at the former KGH Medical Mall at Vista Field. March is Colon Health Month, and Susan thanked the Club for the chance to talk about prevention of colon cancer, but also to connect with Rotary as her father was past president of the Shelton club, and she often attended Rotary functions as a child.

Susan’s obvious sense of humor created an environment in which I wish your editor-emeritus, Hal Ellner, were back to write up the program. While a serious topic, the program provided a rich environment for actual and imagined one-liners.

Susan said that the real reason she was here today was to talk about colonoscopies. They are the subject of jokes and uncomfortable conversation, but they save lives. To set the record straight, colonoscopies are diagnostic, and therapeutic. It’s fiction that colon cancer is mainly a man’s disease, because after the age of fifty, 6% of the population will get colon cancer, and 50,000 men and women die of the disease each year. Susan’s admonition to avoid being one of those statistics was to “get your rear in gear!”



Susan held up a slinky toy, describing the shape, ridges and stretchiness as being similar to the texture and shape of the colon, which is the lower part of the digestive system, about 5 feet long to the point where the large and small intestine are joined. Its function is to extract water from non-digested food or waste, and eliminate that waste. The risk factors for colon cancer include a family history of polyps or colon cancer, or a sedentary lifestyle, poor diet with low fiber, excessive drinking and/or smoking. While there are some symptoms, like abdominal pain or change in bowel habits, those can also relate to other problems, so the best way to beat colon cancer is to prevent it....and screening with colonoscopy is the best method of screening and early detection. Life style factors, such as drinking, smoking, and a sedentary life style can also be factors.

Susan went over the preparation for a colonoscopy; first by describing the process of modifying some beverages or foods 48 hours before and a drink that cleans out the system (which led to a good deal of spirited conversations from members of the club who have experienced this phenomenon, including mention of such products as “Go Lively”). She then described the procedure itself in illustrative detail: the administration of moderate sedation or general anesthesia.

The procedure itself takes about 20-40 minutes, and the scope, which contains an HD mini camera,

takes pictures where are recorded for the record (we even learned about the cleaning of the scope after use). Any polyps that are found are cut and removed as part of the procedure, and sent to the pathologist for diagnosis. Most are benign, if found early, but if they are allowed to remain can someday turn into cancer.

She commented on the rich trove of nurses' humor associated with the subject, including the story about the male patient who asked her to "write a note to my wife telling her that my head was not up there." But, jokes aside, colon cancer is preventable (get your colonoscopy!), treatable and beatable, if you take action now.

(Our thanks to Leslie Hawkins for writing up our program today.)

Hal's Humor

Two elderly men were talking to each other over a cup of coffee.

"I guess you've never too old," the first boasted. "Just the other day a pretty college girl said she'd be interested in dating me. But to be perfectly honest, I don't quite understand why."

"Well," said the other, "you have to remember that nowadays women are more aggressive. They don't mind being the one to ask."
"No, I don't think it's that. . ."

"Well, maybe you remind her of her father."

"No, I don't think it's that either. She mentioned something about carbon 14."

Richland Rotary Members

Judy Addis (7/89)	Stan Jones (10/07)	Ed Revell (6/08)
Steve Arneson (3/02)	Roy Keck (10/04)	Dick Richter (6/08)
Jeremy Asmus (10/07)	Scott Keller (7/02)	Robert Rivera (7/09)
James Bauer (1/09)	Shelley Kennedy (9/02)	Pete Rogalsky (7/05)
Linda Bauer (1/09)	Tom Kirchner (3/81)	George Sanders (10/06)
Bob Best (4/90)	Walt Kirkpatrick (9/70)	Gary Scofield (2/75)
Tom Bock (3/76)	Phillip Koech (8/13)	Anjan Sen (11/96)
George Booth (11/06)	Art Kohler (2/87)	Chris Senske (1/80)
Gordon Bopp (5/04)	Dave Larkin (4/04)	Bill Siefken (4/87)
Madeleine Brown (3/13)	Pam Larsen (2/95)	Mike Sinclair (1/11)
Dee Burrie (7/92)	Bob Larson (6/90)	Chris Smith (8/10)
Blaine Carr (12/09)	Terri LeBlanc (5/08)	Mark Smith (3/01)
Connie Corcoran (8/13)	Phil Lemley (6/06)	Lloyd Swain (8/89)
Tom Cowan (4/80)	Tim Lewis (10/03)	Katie Swan (10/11)
John Darrington (1/11)	Yosen Liu (1/91)	Bob Tibbatts (6/03)
Jeanne Dillner (8/01)	Larry Lowry (10/05)	Greg Tripp (6/11)
Barbara French (11/98)	Bing Manawadu (10/86)	Harry Van Dyken (11/11)
Bill Friend (3/09)	Mike McAndrew (2/07)	Sam Volpentest (1/95)
Don Frigaard (10/12)	Patrick McBurney (6/09)	Greg Warner (3/00)
Julie Funfar (7/13)	Grant McCallum (9/91)	Tom Watkins (9/11)
Linda Gilmore (4/12)	Aaron McCreight (12/13)	James Watson (4/12)
Jan Griffin (9/00)	Bill McCue (3/94)	Ken Williams (12/00)
Linda Gustafson (3/08)	Jerry McGuire (3/95)	Hal Williamson (4/88)
Al Haggerty (4/12)	Dick McLean (10/85)	Mike Winegardner (11/09)
Patricia Haggerty (4/12)	Kathy McMullen (1/13)	Keith Woods (1/97)
Leslie Hawkins (11/12)	Kathy Miller (6/12)	Jacqui Wright (12/13)
Tom Heidegger (1/09)	Ian Napier (11/08)	
Pat Hollick (8/10)	Bob Nichols (8/97)	
Diahann Howard (4/08)	Greg Oberg (1/88)	
Jan Jackson (6/00)	Tom O'Brien (11/98)	
Rick Jansons (10/09)	Marlene Oliver (7/10)	
Larry Jecha (8/97)	Kim Pietrok (9/08)	
Darrel Johnsen (8/97)	Jon Putz (5/81)	
Cynthia Johnson (6/09)	Justin Raffa (12/09)	

Honorary Members
Herb Cahn, Bob DeLorenzo,
Hal Ellner & Jack Zinn

Number of Members
as of July 1, 2013
93

Gained: Julie Funfar,
Connie Corcoran,
Phillip Koech, Leslie
Hawkins, Jacqui Wright,
Aaron McCreight

Lost: Rampur Viswanath,
Anne Roseberry, Vicki
Monteagudo, Jack Zinn
moved to Honorary, Ramez
Farag

Current Members:
94

