Rotary Club of Clinton

WEEKLY NEWSLETTER

NEWS FOR THE WEEK OF DECEMBER 08, 2025

VOLUME 80 | ISSUE 21 | NEWS FOR THE WEEK OF DECEMBER 08, 2025

MEETING LOCATION

Monday Rotary

Rastrelli's Restaurant:
Tuscany Event Center
2417 Cleveland St.
Clinton, IA

MAILING ADDRESS

P.O. Box 1361
Clinton, IA
52733

EMAIL ADDRESS

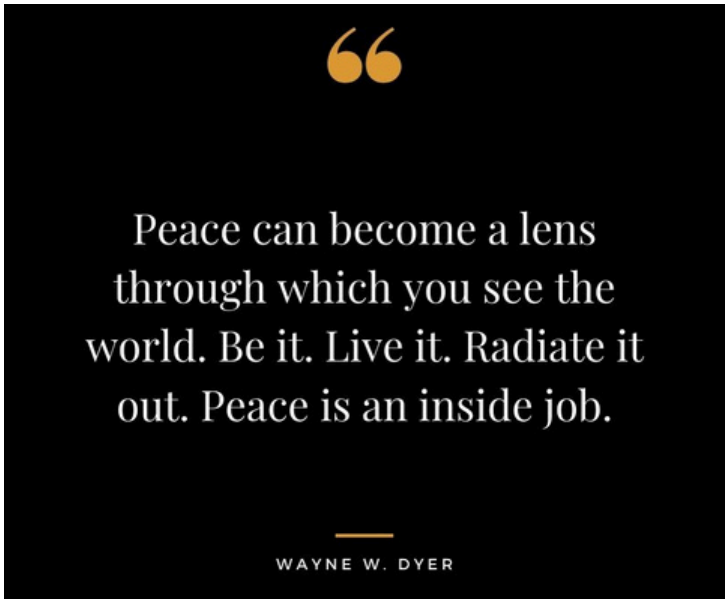
RotaryClubofClintonIA@gmail.com

WEBSITE

RotaryClubofClinton.com

SOCIAL MEDIA LINKS

- Facebook
- LinkedIn
- YouTube



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Presidential News

On December 8, we will pass the hat, with all collected funds donated to Freezing for Food.

During the week of December 8, Rotary will also participate in a radio segment at the Hy-Vee collection site to present our contribution.

Holiday Appreciation Tip
We will also take a separate "pass the hat" (likely on December 8) to collect a holiday tip for our regular server as a gesture of appreciation.

Help us beat Clinton Kiwanis! Join us on December 13th to Ring the Bell for the Salvation Army! See Andy Green for details – we need two more slots!

Melanoma Education Foundation Web Page
https://www.skincheck.org

Video Links

- 31-Minute Early Self-Detection/Prevention Video:
  https://bit.ly/3hipmFK
- 16-Minute High School Student Video:
  https://bit.ly/2CBzdoT
- 22-Minute Middle School Student Video:
  https://bit.ly/2yv32Ep
- 30 Minute Health Teacher Training Video:
  https://bit.ly/3jqzejP

Key Dates

- December 08: CHS Choir → NO ZOOM ACCESS
- December 15: Gary Dolphin, Voice of the Iowa Hawkeyes
- December 22: NO MEETING
- December 29: NO MEETING
- January 05: Administrator of the Rural Business Cooperative Service with the United States Department of Agriculture in Washington DC
- January 12: City of Clinton Neighborhood Improvement Committee
- January 19: NO MEETING
- January 26: Synergy

Check It Out!

Watch For Your Rotary Invoice...coming soon! You can also pay online!

WEEKLY STATS

ATTENDANCE:

Online: 03
In-person: 36
Total for December 01: 39

GUESTS:

- Jazmin Johnson
- Madeline Rowden
- Claire Whitney
- Lincoln Hinrichs

YTD: 131

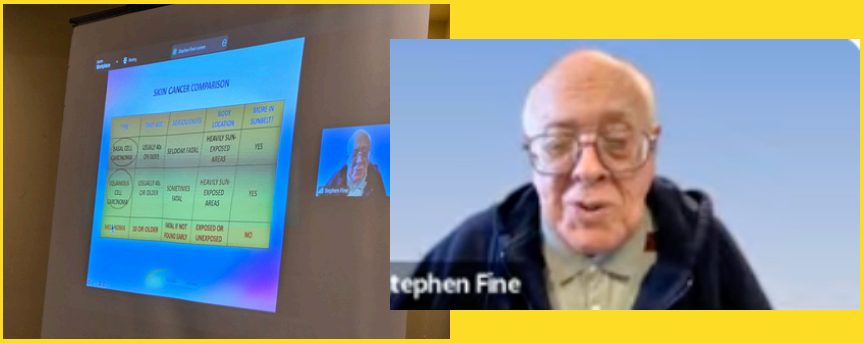
SCHOLARSHIP FUNDS:

- Rotary Club: $176
  YTD: $3,802
- Foundation: $N/A
  YTD: $205.00

YTD Total: $4,007.00

MEMBERS:

- Current Members: 67
- Membership Goal: 84



Stephen Fiine - "Early Self - Detection and Prevention of Melanoma"

Watch Our Meeting Here

Spotting Melanoma Early: What You Need to Know

Stephen Fiine with the Melanoma Education Foundation shared an eye-opening presentation on how to detect melanoma early—when it's almost always curable—and how to reduce your risk.

Key Takeaways

- **Melanoma can strike at any age**, even in teens, and is the deadliest of the common skin cancers.
- **Early detection saves lives.** Monthly self-skin exams take 10–12 minutes and are the most effective way to catch melanoma early, long before symptoms like itching or bleeding appear.
- **What to look for:**
  - Radial melanomas often show ABCD warning signs—Asymmetry, irregular Borders, multiple Colors, and Diameter over ¼ inch.
  - Nodular melanomas, more common in younger people, may look harmless. Use the EFG rule—Elevated, Firm, and Growing for more than two weeks.
- **Risk factors** include having many or atypical moles, fair skin, blistering sunburns before age 20, and tanning bed use. Just one blistering sunburn in youth doubles lifetime risk.
- **Tanning beds are extremely dangerous.** Under age 35, each use increases melanoma risk by 22%; frequent use boosts risk up to eightfold.
- **Protecting yourself:**
  - Use broad-spectrum sunscreen and apply much more than most people realize—about a full cupped handful for each application, repeating every two hours.
  - Wear UPF-rated clothing, a wide-brimmed hat, and UV-protective sunglasses.
  - Consider sunless tanners for a safe glow.
- **If you notice a suspicious growth, insist on seeing a dermatologist promptly—and trust your instincts. "When in doubt, have it out."**

The presentation closed with a reminder: melanoma is highly curable when caught early, and monthly self-checks are free, simple, and lifesaving.

Look for links to websites and training videos on page 2!

LOOKING FORWARD

PROGRAMS

- DECEMBER 08: CHS CHOIR
- DECEMBER 15: GARY DOLPHIN, VOICE OF THE IOWA HAWKEYES
- DECEMBER 22: NO MEETING
- DECEMBER 29: NO MEETING

INVOCATION

DECEMBER 08: GARY DELACY
DECEMBER 15: CARRIE DONAIRE
DECEMBER 22: NO MEETING
DECEMBER 29: NO MEETING

GREETER

DECEMBER 08: MARINA BAER
DECEMBER 15: DOUGLAS BERTRAND
DECEMBER 22: NO MEETING
DECEMBER 29: NO MEETING

PROGRAM CHAIRS

DECEMBER: DOUG BERTRAND

FELLOWSHIP CHAIRS

DECEMBER: DOUG BERTRAND

Celebrations

- John Frey Dec 02
- Wesley Golden Dec 04
- Paul Holmer Dec 10
- Ruty Rutenbeck Dec 12

- John Frey
  - 41 yrs; Dec. 01 1984
- David Rose
  - 8 yrs; Dec. 11 2017
- Andy Fergurson
  - 7 yrs; Dec. 17 2018
- Kathy Klahn
  - 21 yrs; Dec. 20 2004
- Savannah Daugherty
  - 1 yrs; Dec. 27 2024

R.I. Admin

The Four-Way Test

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build good-will and better friendships?
4. Will it be beneficial to all concerned?

Rotary Board of Directors for 2025-2026

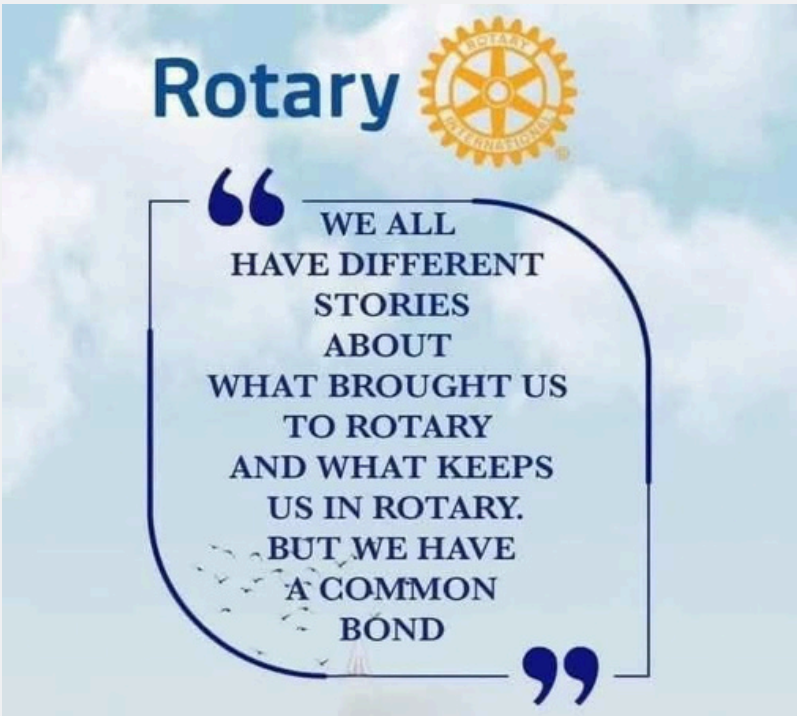
- Andrew Green: President
- Dale Dalton: Treasurer
- Carrie Donaire: Past-President, International Service
- Andy Fergurson: Foundation
- Paul Holmer: Fundraising
- Susie Mesecher: Secretary
- Jill O'Neill: Public Image
- Braydon Roberts: Service to Youth
- Rod Tokheim: Sergeant-at-Arms
- Sue Watkins and Cheryl Frey: Community Service Projects

Rotary Foundation Board of Directors for 2025-2026

- Gary Foster*: President
- Kathy Klahn*: Vice-President
- John Frey*: Secretary
- Dale Dalton*: Treasurer

Directors

- Jim Bruhn*
- Dale Dalton*
- Jennifer Graf*
- Kathy Klahn*
- Lynn McGraw
- Sue Watkins
- Paul Holmer*
- Heather Farwell

ROTARY MOMENTS

Ducal Palace of Guastalla (KING) ITALY. Rotary Club of Guastalla celebrating World Polio Day