

Published by the  
 Rotary Club of Beaumont      USPS 471-700  
 Subscription price \$5.00 per year  
 Periodicals postage paid at Beaumont, Texas  
 Published weekly, except Christmas week, New Years  
 week & two unspecified non-meeting weeks  
 POSTMASTER: send address changes to  
 MCM Elegante' Hotel, Suite 213  
 2355 IH-10 South  
 Beaumont, TX 77705



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Photo by Steve Buser

A Publication of the Rotary Club of Beaumont, Texas - Club 72

Vol. 95 No. 43, June 14, 2006

**ALBERTO BILTON -  
 FOREIGN  
 CURRENCIES AND  
 INTEREST RATES**

Alberto Bilton is a Vice President with JPMorgan Chase. A graduate of Baruch College in the North East, Alberto has been with the Bank for twenty years in different capacities. He is a Team Leader in the Global Currency and Commodity Group based in Dallas, and focuses on providing Foreign Exchange services to Small and Middle Market Business clients.

**REVIEW**

June 7<sup>th</sup>

Cindy Fertitta is a speaker hard to ignore. She is enthusiastic, positive and engaging...her enthusiasm is contagious even though her subject is serious and disturbing.

Cindy spoke to Rotary in 2004 when she was with Family Services of Southeast Texas. She is now the Education Coordinator for Rape and Suicide Crisis of Southeast Texas. However, her topic this time is about Domestic Violence.

*(Continued on page 3)*

**HEAD TABLE**



INVOCATION  
**KEVIN J. ROY**



PLEDGE  
**MARY E. ROBERTSON**



4-WAY TEST  
**JOE FISHER, JR.**



GUEST INTRODUCTION  
**CAMILLE MOUTON**

*Sliced Ham/Chicken Tarragon*

**IT'S BACK! IT'S BEAUTIFUL! IT'S BETTER THAN BEFORE!**

**HOLIDAY INN BEAUMONT PLAZA  
 3950 I-10 SOUTH  
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**Future Programs**

June  
21<sup>st</sup> The Vanishing Jury System  
28<sup>th</sup> President Terry's Swan Song

**Make-ups**

**Monday:**

No. Port Arthur.....Holiday Inn Hwy 69  
Vidor.....Hibernia National Bank

**Tuesday:**

Spindletop.....Holiday Inn 11th St.  
Orange.....Sunset Grove  
Port Neches.....Pompano Club

**Wednesday:**

Groves.....Pompano Club

**Thursday:**

Port Arthur.....Holiday Inn Hwy 69

**Friday:**

Nederland.....Sanderson's

**On-line:** [www.rotaryclubone.org](http://www.rotaryclubone.org)  
(limit 3 times in each quarter)

**REVIEWS**

**May 31<sup>st</sup>**

The program began with a welcome and brief history of the Julie Roger's Gift of Life Program by Pat Willard, Community Outreach Coordinator. The topic—Prostate Cancer was presented by GayLynn Jones, RN, Clinical Director of the Ben and Julie Rogers Cancer Institute and Irene Ramiez, RN, Nurse Manager of the Dauphin Center. As the two nurses donned gloves and left the podium to begin the program, the audience held their breath. However, no one remembered the KY jelly so the audience was saved for another day!

The diagnosis of cancer affects 1 in 4 Americans; breast cancer affects 1 in 8 women and prostate cancer affects 1 in 6 men. Ms. Jones and Ms. Ramiez then proceeded to talk about irrevocable risk factors for prostate cancer—being a man, age, family history and race. The older you are, the more likely you are to develop prostate cancer. Having a positive family history, (brother, father or son) diagnosed with prostate cancer means that you are more than TWICE as likely as the average man to be diagnosed. The rate of prostate cancer in African Americans is about 2.5 times the rate for Caucasians. Also, prostate cancer seems to be more virulent for African Americans.

Screening is recommended for men at the age of 50 and for men at higher risk (African American, positive family history) should be screened for the first time at 40. A chart showing what the doctor was doing with a DRE (digital rectal

exam) and why it was necessary along with the need to have a blood PSA (Prostate Specific Antigen) was stressed.

For most of the talk, Ms. Jones and Ms. Ramiez focused on those things that each of us can change to decrease the risk of cancer. The effects of obesity on prostate cancer is still unclear, there is no question that obesity can have a negative effect on disease outcomes. Eating a HEART Healthy diet is also good for keeping yourself (and your prostate) healthy! Eating from nature's bounty is known to have a marked effect on cancer development and progression. For example, eating at least 5 servings per week of foods like broccoli, cauliflower, bok choy, kale, cabbage and brussels sprouts can improve your health and decrease your risk for prostate cancer. Eating tomatoes, which are high in lycopene is especially beneficial except when as ketchup it is poured over french fries. A large, long-term study showed that consuming at least 2 servings of tomato sauce per week decreases the risk of prostate cancer. The impact of red wine is not as clear but drinking grape juice, has been shown to decrease your risk factors. Decreasing your intake of red meats will also improve your health, your risk of heart and cancer illnesses.

Numerous door prize bags were then given compliments of the Julie Rogers' Gift of Life program.

Most Americans know only 3 of the 7 Warning Signs of Cancer, and most health care workers know only 4 of the 7. How many of the 7 Warning Signs do you know?

**Wathen,  
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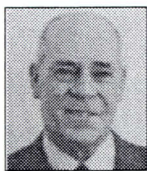
# BIRTHDAYS

**14<sup>th</sup> Vic Zaloom (99)**  
Chairman of Industrial Engineering  
Lamar University



Born in Paterson, New Jersey, he is a graduate of the University of Florida and the University of Houston. He and his wife Patricia are the parents of Shar, John, Anna and Mike, and are members of St. Jude Thaddeus Catholic Church. He enjoys spending time with his family and playing tennis and softball.

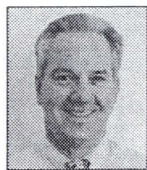
**15<sup>th</sup> Jim Tarbett (80)**  
President, JAT Engineering



Born in Takoma Park, Maryland, he is a graduate of Lamar University. He and his wife Frances are the parents of Patrice, Shannon and

Terri, and are members of St. Jude Thaddeus Catholic Church. He enjoys hunting, water sports, playing tennis, golf and softball. Jim is a Paul Harris Fellow.

**18<sup>th</sup> Ralph Martin (99)**  
President, Grace Communications



Born in Port Arthur, he is a graduate of Lamar University and the New Orleans Baptist Theological Seminary. He and his wife Charlotte are the

parents of Shaun, Shane, Steve, Stacey, Selena and Sharla, and are members of Christian Fellowship. He enjoys playing golf.

**19<sup>th</sup> Rick Barrilleaux (02)**  
Director of Economic Development,  
Greater Beaumont Chamber  
of Commerce  
Born in Port Arthur, he is a graduate



of Upper Iowa University. He and his wife Vicki are the parents of Drue and Clayton, and are members of St.

Charles Catholic Church. He enjoys playing golf.

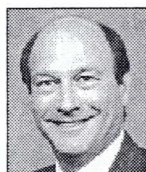
**19<sup>th</sup> Alex Broussard (54)**  
Chairman of the Board,  
Broussard's Mortuary



Born in Beaumont, he is a graduate of Texas A&M University. He and his wife Marie are the parents of Dale,

Tom, David and Marian, and are members of St. Jude Thaddeus Catholic Church. He enjoys attending Rotary Club meetings all over the world. Alex is a Paul Harris Fellow.

**20<sup>th</sup> Roger McCabe (81)**  
Shareholder, Mehaffy Weber



Born in Taylorville, Illinois, he is a graduate of Marquette University and the University of Iowa. He and his wife Sharon are the parents

of Danny, Michael and Jonathan, and are members of St. Anne's Catholic Church. He enjoys hunting, water sports and travel. Roger is a Paul Harris Fellow.

*(Continued from page 1)*

She told how Hurricane Rita paralleled the experience she encountered in the aftermath with how those who suffer domestic violence feel, but in her case she experienced a community coming together to help the victims of the storm. Domestic Violence victims feel alone and abandoned.

What can be done to help reduce this rampant abuse? Community Accountability, starting with educating the public. Cindy is starting an Education Program by getting students involved. She conducted a weekly session for six weeks in Austin Middle School and encouraged students to report any kind of abuse—drug abuse, mother being violated, child endangerment, etc.

There are presently six area counties working together on Domestic Violence prevention by distributing literature and brochures to be posted though out the community...in supermarkets, and anywhere businesses will permit. She challenged us all us all to be vigilant and also to take an active role in prevention of Domestic Violence.

Also, Debbie Beavers, criminal investigator with Jefferson County District Attorney's Office supplemented the Domestic Violence program. She related that 3 out of 4 Texans have experienced, or know of people who have been involved in domestic violence. Unless battered women show up in court to testify there is nothing the DA's office can do. These victims need to be encouraged to report abuse, and know they will be protected. There is a victim assistance center to help with this need.

She quoted disturbing statistics about Domestic Violence...153 women in 2003 were killed; 8 million cases go unreported; only 1.75 million get reported; 75% of all police calls involve some sort of domestic violence.

**REPORT - DON'T IGNORE IT!**

We thank **Travis Brewer** for introducing our speaker.

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