

Spokesman TODAY

VOLUME 79 | ISSUE 18 | NOVEMBER 1,2022

OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise...

"Service above Self"

Board of Directors

Officers

Irv Johnson, President
Bob Eatman, Pres. Elect
Jon Kindschy, Secretary
Kathryn Vilha, Financial Sec.
Jim Whitenight, Treasurer
Gail Daugherty & Nicole
Whitenight, Past Co-Pres.
Steve Lemanski, Editarian

Directors

Laura Armstrong	(2023)
Dixie Schmatz	(2023)
Bob Tello	(2024)
Jim Epstein	(2024)
Larry Stewart	(2025)
Mary Camp	(2025)

District Governor

Lee Varra-Nelson (Fort Collins Breakfast Rotary) ADG: Jerry Westbrook

RI President

Jennifer Jones (Canada)



THIS WEEK'S PROGRAM

Nov I - "Loveland Housing Authority Update" by

Jeff Feneis, Executive Director

Inspiration: Hayden Lowry

CALENDAR

November - Foundation Month

 $\mbox{\bf Nov 6}$ - Daylight Savings Time

Ends - Set Your Clocks Back!

Nov 8 - Veterans Day

Nov 15 - Thanksgiving Holiday Program - The Fun Pianos Show

Nov 25 - Thanksgiving Day 2022

UPCOMING PROGRAM

Nov 8 - Veterans Day Program

Inspiration: Chris White

Rotary
Foundation
Doing Good In The World



Birthdays • Nov 5 - Mary Gullikson • Nov 7 - Brian Nienhaus | Anniversaries • None listed in ClubRunner for this week

Rotary Club of Loveland

Tues Noon | Mountain View Presbyterian Church

Rotary Satellite Club of Loveland

First Wednesday of Month, 6:30-8:00 pm Tilted Barrel Brew Pub, 110 E. 29th St.

Details: www.facebook.com/ RotarySatelliteGroupofLoveland

Email: chris@LCRealEstateGroup.com

Rotary Satellite Club of Berthoud

2nd & 4th Wednesdays, 6:00 pm (Hybrid meeting) Adams Bank & Trust, 1201 Lake Ave., Berthoud Details: www.facebook.com/BerthoudSatellite Email: BerthoudRotaryClub@gmail.com

www.LovelandRotary.org
P.O. Box 1144, Loveland, CO 80538
District 5440, Club 1113
Chartered in 1920 as Club 685

Oct 25, 2022

Presiding &

Pledge (Open)

& Four Way Test (Close)

Irv Iohnson

Sing-Along Songs

Gary Camp (Keyboard) "Let There Be Peace On Earth" "The 4-Way Test"

Inspiration Phil Ashcraft

Importance of Determination and Persistence

Pete Gray: Baseball's One-Armed Wonder



MORE ITEMS OF INTEREST

OCTOBER (Part 2) Student of Month



Kaitlyn Vierra Berthoud High School

OCTOBER (Part 2) Teacher of Month Amanda Myers



Walt Clark Middle School

Some Happy Dollars!

Chris White - treating exchg student Karl to Broncos game (courtesy of Bob Tello)

Mary McCambridge enjoying (with Gary Camp) grandsons in Mead Mavericks football games (Longmont)



ANNOUNCEMENTS

Mary McCambridge (New Rotary Business Cards) Get yours today! They're available

You may also attend via Zoom!



at the greeting table, and they can be very helpful in introducing people to Rotary and inviting them to a meeting. (Mary also said "good-bye" to all until next May. She'll be joining her other Rotarians in Arizona during the winter months.)

Irv Johnson (Community Impact) Did you know our club has invested \$117,000 on various grants for vital community projects during the past 5 years? Yeah! Gail Daugherty (Get Involved) Some committees in our club, particularly the Fellowship and Membership Committees, are looking for new and active members. Please consider joining a new committee (new for you)!

LAST WEEK'S PROGRAM





Aaron Hoover, MD, a distinguished dermatologist with a delightful sense of humor, who practices here in Northern Colorado, gave a thorough presentation on the top 12 skin problems, most of them benign but some of them cancerous. He prefaced his remarks with the disclaimer that his remarks were not meant as medical advice for anyone or to replace the need for a good skin exam (recommended yearly) but simply as a means of educating us about skin conditions that can occur as we get older. With this knowledge, we can all have a better dialogue with our physicians about such. Highlights included the following:

- There is a hereditary predisposition to skin tags (aka acrochordons).
- Age spots (aka lentigines) are actually prevalent in more than 90% of fair-skinned adults over 60.
- The most common skin cancer is not melanoma but rather basal cell carcinoma, which commonly occurs in people over 40, is usually located around the nose, and may look like eczema, psoriasis, or some other rash.
- Melanoma risk factors include the following: sun exposure (intermittent and childhood), fair skin, blue eyes, blond or red hair, and family history.