



Nov. 8, 2023 – In-person & zoom meeting, 12:15

President Kathy F. welcomed all to the only Rotary Club and noted that our guest speaker today was coming to us via Zoom.

Announcements:

Thank you to Harry C. for picking up lunch.

Remember for every reuseable grocery bag sold at the Rt. 108 Hannaford’s this month, \$1.00 of the \$2.50 price will be donated to the Dover Rotary Club. Purchase your bags this month!

Bingo: Ken P. reported 80 players and 19 boxes sold last Thursday. Organizing staffing is still an ongoing process. Gregg D. thanked Donna and Phil R. for hard work on new financial report for Bingo – 4 part participation. Net profit for Sept/Oct. was \$27,712, divided equally = \$6,928 per club - on track with predictions.

Program: Steve Fine, Melanoma Education Foundation

Bio: Steve is the founder, president, and health educator of the Melanoma Education Foundation. He lost his son, Daniel, to melanoma in 1998 at the age of 26 and started the foundation in 1999. On behalf of the foundation he has received many honors and awards including a 2013 New England Patriots Myra Kraft Community MVP award. He has a doctoral degree in chemistry, post-doc in organic chemistry and is member of the Peabody Rotary Club.

Dr. Fine stressed the importance of early self-detection of melanoma and the Foundation’s work on educating middle and high school students. There are three kinds of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma – the deadliest form of skin cancer that targets 11-36 year olds, although it can happen at any age. This year there will be 190,000 new cases of melanoma, five times as prevalent as HIV/AIDS. There is one death, every hour in the U.S. from melanoma.

Melanoma doesn’t care what your skin color is, how fit you are or if no one in your family has had it. Contributing factors include having a blistering sunburn under 20 years of age, exposure of normally covered skin to strong sun and regular use of tanning beds. 30% develop melanoma from preexisting moles. Important to look for changes in moles - size, color, shape, surface or thickness.

Dr. Fine described differences in types of melanoma, using graphic photos, including striking photos of young men and women who have died from the disease. He urged everyone to check their skin once a

Upcoming Meetings & Events
Meetings:
Nov. 15: Club Assembly
Nov. 22: no meeting
Nov. 29: Darin Roark CEO WDH Mass General
Dec. 6: New Hampshire Pet Aid
Dec. 13: Ryan Crosby DHA
Dec. 20: Holiday program
Dec. 27: no meeting

Pledge: Jerry D.
4-Way Test: Jim V.

Today’s newsletter authored by Noreen B..

month using mirrors, flashlights and the help of a friend or relative to search through scalp where melanoma can be difficult to find. If you find something, contact a dermatologist.

Don't get a **Tan to Die For**, he said, use lots of sunscreen, avoid being in the sun between 10 am and 4 pm, wear wide brim hats, and sun protective clothing and sunless tanning lotion is even better.

Melanoma Education Foundation Web Pages

For Everyone: <https://www.skincheck.org>

For Health & Wellness Educators and Students: <https://www.melanomaeducation.net>

Video Links

31-Minute Early Self-Detection/Prevention Video: <https://bit.ly/3hipmFK>

(This video has most of the live Rotary Presentation Content)

16-Minute High School Student Video: <https://bit.ly/2CBzdoT>

22-Minute Middle School Student Video: <https://bit.ly/2yv32Eo>

30 Minute Health Teacher Training Video: <https://bit.ly/3iqzeiP>

More Announcements:

Rotary Foundation Month: Jim M. reminder all that November is Rotary Foundation Month and the founding donation was \$26.50 – now over millions.

Happy Bucks:

Jay S. for his son traveling to Vienna for a nuclear engineering convention, his wife caring for the grandchildren and leaving Jay home to fend for himself.

Cate R. for (1) Kevin's leadership on the garden project, (2) for today's presentation thankfully after lunch and (3) news of a friend's pregnancy.

Steve P. for Fall weather

Jim V. \$10 for six weeks in Ireland and France and for today's speaker and skin checks.

Gregg D. for all the vets in the room

Melissa L. for another week with her brother as her manager of operations, for donating \$514 to Dover Children's Home from proceeds of her birthday month fundraiser and for her new garage door opener because she drove over the old one.

Nick P. for Gregg D. and all he does for Rotary and kids and for knowing who to call (from Rotary) when he needed help for organizing an Amy's Treat event.

Rod B. for 3 women in his life.

50/50 Drawing: \$997 in the pot. Kathy F. picked the winning ticket but the wrong card. Pot grows!

October Birthdays:

Gregg D. Oct 05

Doug L. Oct 07

Gary D. Oct 10

Phil R. Oct 11

Noreen B. Oct 14

Melissa L. Oct 18

Kevin Q. Oct 19

Tom D. Oct 26

Montana F. Oct 31

Julie H. Oct 31

October Anniversaries:

Hemant D. 6 years

Cindy I. 17 years

Cate R. 13 years

Teresa R. 1 year

Dave D. 14 years

Ed H. 32 years

Tom D. 39 years