

President: Ted Goldwyn
President-Elect: Wendy Winnett
Secretary: Scott Bloor
Treasurer: Wendy Daines
Past-President: Bill Boland
District Governor: Don Milton

Thursday, May 10, 2018 12:10 p.m.
Corning Radisson
Vol. 89 No. 45 107 Members

NEXT WEEK

May 17, 2018 12:10 PM
Winfield school 2nd graders Literacy success

IN THE WINGS

May 24, 2018 12:10 PM
Kate Douglas CCC
Where we are and upcoming initiatives
Introduced by Elijah Baity

May 31, 2018 12:10 PM
Steve Hughes United Way
Update on their new direction and marketing
Introduced by Elijah Baity

Jun 07, 2018 12:10 PM
Corning Youth Center What we do and how we do it.
Location: Corning Youth Center
Lunch will be served.

Jun 14, 2018 12:10 PM
Scholarship awards Gerry Wolfe
Giving out the scholarships

THIS WEEK

The Club met for lunch in the Keuka/Seneca Room at the Corning Radisson. President **Ted Goldwyn** presided, with the help of secretary **Scott Bloor**. **Jim Hudson** greeted us all on the piano; **Darin Strong** and **Brice Pearce** were co-greeters; and the meeting opened with a chorus of "My Country 'tis of thee." The Invocation was introduced by **John Brown** and the entire club joined in to sing "Let There Be Peace on Earth."



MEMBERS AND GUESTS

After a tasty lasagna lunch, **President Ted** called on **Darin** and **Brice** to introduce our guests and visiting Rotarians.



We had no visiting Rotarians, but **Father Lew Brown** introduced his guest Father Bob a retired Navy chaplain.



Francis LaLomia introduced his guest **Gilles Burtrand**, a Corning Inc employee who attended the international dinner and wants to learn more about Rotary.

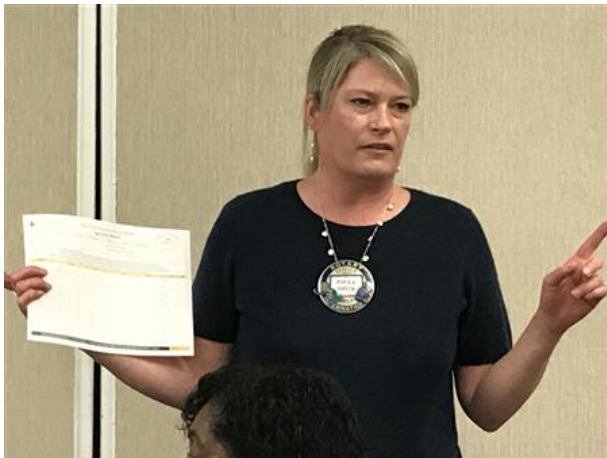


MEMBER ANNOUNCEMENTS

There were lots of announcements. First up was **Melissa Colacino** who was selling raffle tickets for **John Sirianni** to benefit the Kramer Foundation. John being conspicuous by his absence.



Paula Smith promoted the STEPS walk to end poverty in Steuben County on May 19th. It is sponsored by Catholic Charities. **Paula** has a team scheduled to walk and is looking for donations through next Thursday.



Wendy Daines announced that the Paul Harris Committee is seeking nominations through May 31st for potential Paul Harris fellows for the 2018-2019 year.

Nora Smith put in a plug for next week's meeting which will center on the 2nd grade class from Winfield School. They are completing the third year of the Rotary

sponsored reading program and will have some very exciting results to share. It will be nice if we can have a very good turnout for next week's meeting.



Don Creath then made an impromptu announcement. The Veterans Memorial Park will host a Memorial Day ceremony on Memorial Day at 11:00 a.m.



Next Wednesday there will be a clean-up day at the park from 5-7 p.m. anyone wishing to help need only show up. **Don** also mentioned that the First Responders Park will have its

annual presentation on Sept 11th. **Don** then noted that there are several jobs whose completion would add a lot to the park. In particular he mentioned the development of a registry which could be downloaded to one's phone to identify the location of each brick and hopefully a short bio. He also mentioned the need for web pages attached to the Rotary FACEBOOK page.

Dick Perry then mentioned that he will not be making any more announcements about getting pictures taken for the directory.



Paula Smith then remembered that she was supposed to make an announcement for **Phylis Jensen**. **Phylis** wanted to remind everyone of the clean-up at Veterans Memorial Park next Wed; a task **Don Creath** had already taken care of, and that there were sign-up sheets on the tables for service opportunities during GlassFest.

Getting back on schedule President Ted then called on Brice Pearce to talk about the club FACEBOOK page. Brice's main message was when you perform a service event take pictures and send them on to him or President Ted to be posted. Brice demonstrated how easy it is to post on FACEBOOK, but fortunately or unfortunately this was mostly lost on a rather tech leery audience.



YUKA'S TIME

Yuka was absent today. She had a test scheduled, but was sick today and missed that as well as the meeting. Get well Yuka. See you next week.

PRESIDENT'S TIME

President Ted began by recognizing the club service people this week; **Brice** and **Darin** as greeters, **Bill Boland** as photographer, **Ernie Danforth** as Cogs Editor, **Jim Hudson** on the

piano, **John Brown** for the invocation, and **Francis LaLomia** as our tech guru.

President Ted then gave a shout out to the Radisson staff for the great job they did even though they were not in the room and could not hear it.

Ted then recognized **Avery Acly**. He congratulated him once again for the 100 anniversary of his funeral home and thanked him for the \$100 contribution to the Rotary Foundation.



President Ted then turned his attention to **Michele Donegan**, who we had not seen in a while due to the business of her job here at the Radisson. **Ted** said he heard a while back that **Michele** had received an award. **Michele** admitted that she had traveled to Chicago where she received an award for general manager of the year. Ted wanted to fine her, but **Michele** admitted that she only had \$20 that she was going to give to **Paula Smith** for the STEPS walk. **Ted** decided to graciously accept **Michele's** \$20 and let **Paula** work a little harder.



PROGRAM

Ted called on **John Brown** to introduce our speaker. **John** was pleased to introduce our own **Andy Rochester** who had a cancer story to share.

The title of the talk was "Taking Your Life Back from Cancer." Andy started with discussing his time in the club while he attempted to overcome some technical problems with the projector. Early on in Rotary, he converted our membership from paper to electronic. Since 2004 he has published every edition of Cogs and he has done it from 10 different countries during business travel. At this point, Dick Pope offered his technical expertise. Wisely Andy declined and soon the talk was back on track.

In November of 2016 Andy was paying some bills, when he realized that the medical bill in his hand was really a lab report. When he reached the PSA number - 42, he soon realized that this was not a good number. A bit of research on-line revealed that the 42 indicated that he may have prostate cancer that had reached stage 4, yet he had none of the classic symptoms.



Around Thanksgiving he had a biopsy. The results came back as a Gleason 10, a very aggressive form of prostate cancer. He was referred to Memorial Sloan Kettering for treatment options. The surgeon recommended surgery right away, the chem person said okay as a first step, the radiologist offered a different approach.

New Year's Day surgery was scheduled, but before the surgery he had a PET scan. The scan showed metastases, so the surgery was canceled.

Andy has started a new life. He modified his work loads and is able to mix exercise with his work – with support from his employer. He was put on the drug Degarelix, then Lupron, which basically shuts off the fuel for prostate cancer -- testosterone. This led to a fast "menopause", complete with emotional changes and hot flashes. But he also vowed to get healthier. He had an initial goal of losing twenty pounds. The doctor wished him

luck, but noted the drugs often led to weight gain rather than loss. Andy cut his intake to 900 – 1000 calories/day and worked out 4 hours a day -- enough to burn 3000+ calories/day. Initially he took off 45 pounds. As of now he has taken off 80 pounds total.

His PET, MRI, and CT scans were clear by May of 2017, but the cancer is living in his circulation. Later last year, the cells found a way around the therapy, and his PSA began to rise again. In December, though, his chemo doc added [Zytiga](#) and prednisone to the Lupron and the PSA went to undetectable.

To try to ensure that the cancer is reduced as much as possible, Andy had internal Iridium 192 HDR brachytherapy then external [SHARP](#) stereotactic beam therapy. He's back swimming already!

Andy is looking forward to an immunological cure, but in the meantime is living by: "the cancer may kill my body, but it will not ruin my life!"

He continues exercising – 4 hours every day, to stay healthy and suppress/kill cancer cells. In the morning, he swims 3.5 miles, then walks several miles at HQ during the day, then after work, finishes with 4-5 miles of aerobic exercise on machines.

He's having fun learning a newer type of swimming called total immersion or [TI](#). It's sort of a cross between classic freestyle and T'ai Chi. [He also enjoys T'ai Chi].

Moderate aerobic exercise [180 min/week] is an [emerging area of cancer care](#), particularly with breast, colon, and prostate cancer. There is a measurable positive effect on many patient's tumors and it also may reduce the recurrence of their cancer.



Andy drinks only water, and eats lots of vegetables, fruits, nuts, legumes and fish [occasionally chicken]...

Outreach is a growing part of Andy's life now. Recently diagnosed prostate cancer patients are referred to him. He's also working to help people know that prostate cancer can often be detected when it is easier to eradicate or at least strongly suppress – **if found early**.

The key is annual physicals for men. [Prostate checks](#) are generally part of a [checkup](#) starting at 50, but should be earlier for African Americans and those with a parent or sibling with prostate cancer [these checks may begin in the 30's or 40's]. The best approach is a good working relationship with your physician ...

As part of his outreach, Andy will be participating in the [Krossin' Keuka Swim](#) on July 28th to raise money for the **Keuka Comfort Care Home** and also is including **awareness on prostate cancer**. If you are interested in supporting him, please don't hesitate to contact him or click [here](#).



Thank you, Andy, for your presentation;
clearly you are an inspiration.

50/50: The \$10 pot was won by no one, and
carries over to next week. The big pot sits at
\$143.

Photos: Bill Boland
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