

DAWN



ROTARY CLUB
of
MERCER ISLAND

Serving our community since 1963



July 31, 2007

BEING INVOLVED MAKES IT HAPPEN!

By your reporter on assignment, **Brian Comstock**

Birthdays

Oley Olsen----- 8/2
Jim Aitken ----- 8/6

Rotary Anniversaries

Tom Watkins ----- 22 years
David Weed ----- 19 years

Upcoming Programs

August 7, 2007

Olympic Sculpture Park - Mimi Gates

August 14, 2007

Driving Under the Influence
Helping good people who've made poor choices - Joe Breidenbach

August 21, 2007

Domestic Violence, Car/ID theft
Dan Satterberg, King County
Prosecuting Attorney

Involved: Once Rotary gets *involved*, things happen. Polio has been virtually eradicated from the face of the earth. When Mercer Island Rotary takes on colon cancer awareness, things begin to happen. But more on that later.

IN the Beginning: Kate Smith can only be envious. **Jim Marich** led off in perfect harmony to the strains of *God Bless America*. **Jim Trombold**, pleading uneasiness over invocations, then treated us to some intriguing thoughts. Like Dale Turner's story of the trans-Atlantic pilot announcing good /bad news to his passengers – yes, we're making record time, but unfortunately we don't have a clue where we are. Or, while we extol the virtues of coffee – it may only stir us up to learn a lot of stupid things a whole lot faster. Okay, Jim, I guess it's time we slow down and do a bit more reflecting!_

IN the Family: **Bruce Peters** keeps the family fires burning. Yes, **John Miller** is obviously restored to robust health and back in action. **Claude Layman** is home recuperating, getting well - and **Guy Townsend** is overcoming that hip injury, soon to leave Virginia Mason. A speedy recovery to you both. **Ralph Coffey** is celebrating his 91st birthday – ever youthful and an inspiration.

IN Committee: The limelight was on the Rotary Information Committee - **John Nelson**, chairperson, reporting. This committee has two immediate functions: One is to orient and indoctrinate new members. The other is to submit weekly articles to *DAWN* on subjects of current interest at the RI and District 5030 levels. Most importantly, however, we should all look to and use this committee as a major resource for information about Rotary. All of these services are made available by a most able committee: **John Frazier, Jim Hunt, Duane Matthews, John Matthews, Clint Prescott, Pat Turner and Tony Vedrich.**

Inspiration: The *Rotary International Service Above Self Award* is RI's highest honor for individual Rotarians. **Bob Lewis** was selected as among 150 recipients worldwide for having demonstrated exemplary humanitarian service emphasizing personal volunteer efforts and active involvement in helping others through Rotary. Bob exemplifies all that we strive to achieve at Mercer Island Rotary. We are happy for you, Bob – and you honor us all by your dedication and efforts (witness the dollar bills on the table from each of us).

IN Service: Colon cancer is the nation's second-leading cause of cancer-related deaths. Unlike many other types of cancer, colon cancer is preventable. A healthy lifestyle and the right genes, of course, help. But the major controlling factor is screening and surveillance – capable of preventing at least 90% of colon cancer cases. This suggests the importance of awareness combined with access to health care facilities.

Sam Sullivan and Bo Darling gave us the history of how Mercer Island Rotary got involved in this endeavor. It would take the tragedy of a healthy young runner in *MI Rotary Run Day* to drive the message home. **Tom Lindquist's** sister, **Suzie Meilee**, was such a person, a vigorous runner who went too long without detection that she had colon cancer - so she made her last run. Now, of the \$130,000 or so raised each year by the *Run*, colon cancer awareness is the single largest beneficiary. And it's not just the money. We also work in "partnership" with the health care community as a whole to enhance awareness – and, yes, help lick this deadly disease.

Our speaker on the subject of awareness and prevention was **Ellen Phillips-Angeles**, Program Supervisor, Public Health – Seattle & King County. We learned of the major screening tests available and the colon health programs being funded and made available at the federal level as well as through state and local agencies. Mercer Island Rotary is a key player in the awareness and detection of colon cancer. Our focus and mission also highlights *MI Rotary Run Day* and adds to its success.