



Miss a meeting?
Make up at
www.RotaryEClubOne.org

**Wednesday,
March 11, 2026**

Next week: TBA

President Kerry Lippincott led us in the pledge and invocation and 4 way test.

Visiting Rotarians - Dominic Argentieri, Canandaigua

Guests

Anjanet Perez-Colon, MD, Gastroenterologist, UR Medicine Finger Lakes Health

George Lambrix, Liaison, UR Medicine Finger Lakes Health

Caroline Scutt, UR Medicine Finger Lakes Health

Sheree Bucklin, Practice Manager, Gastroenterology, UR Medicine Finger Lakes Health

Community Service

- Reminder: 3/21 - Toddler Time at the Boys & Girls Club, 3rd Saturday of the month is Rotary day, please volunteer to help cook, serve and clean up breakfast. Contact Stephanie to sign up.

Announcements:

- Next meeting 1/18 -- **EVENING meeting**
- Geneva Rotary Annual Gala is Saturday, March 21.
 - Purchase tickets now if you plan to attend so headcount can go in for dinners
 - Raffle basket items can go to Palma
 - Volunteers and Desserts to be raffled needed

50/50: Jim DeVaney won \$27.

Heart of Rotary: Jim could also have won \$163, but, alas, he did not find the Queen. The pot grows!

Happy/Sad Dollars:

- Diana P - "Surprise" Dollar -- following Dave Cook's Rotary Cultures trip to Peru where on arrival the group was greeted by local Rotarians who gave them a plaque and ceremoniously released a dove.
- Jerry Forcier - sad dollars due to continued "office saga," this time involving water from a running toilet in an apartment upstairs coming through the ceiling of his office
- Garey Adamson - Happy dollar after visit to Cracker Factory, renovated warehouse space in Geneva now an event space, with a bar open to public on Wednesdays (*Ed. Note: I think it's Sundays?*) and record player to play your vinyl
- Kath Fuchs - happy to have a few pickleball games after a drought, also excited to be taking international soccer players to the St. Patrick's Day parade

- Bob McFadden- sad dollar, his mom passed away earlier that morning. (*Our condolences, Bob!*)

PROGRAM

March is Colon Cancer Awareness month. **Anjanet Perez-Colon, MD**, Gastroenterologist, UR Medicine Finger Lakes Health, spoke about colon cancer prevention, diagnosis and treatment. Everyone is at risk, impacting 1 in 23 men and a1 in 25 women. Colon cancer is the 3rd most diagnose and 2nd most fatal cancer in the US. And it is preventable.

- The best way to prevent it is through regular screening, finding and removing polyps that could turn into cancer. Gold standard: colonoscopy, recommended for 45+. Key to a good colonoscopy is good prep -- a clean bowel.
- Colon cancer numbers rising in younger people. Causes believed to be linked to diets (highly processed foods) and decreased physical activity; often found at later stage of progression because symptoms are ignored.
- Symptoms: bloody stool, constipation, abdominal pain, bloating or unexplained weight loss.
At higher risk if there is a family history.
- Cologard -- is a stool test that can tell you whether you have cancer, but doesn't tell you if you have polyps that could lead to cancer. And the key is prevention, catching pre-cancerous polyps before they grow. If you've had a colonoscopy and polyps were found, should not use cologard.

Colonoscopies at Finger Lakes Health in Geneva booking now for June. But call and get on a wait list!

**Respectfully submitted,
Mary Sue Dehn**

Community Service Opportunities

- Toddler Time @ Boys & Girls Club every third Saturday morning

Future Programs

- 3/18 - TBD
- 3/25 - Steve Martin with Neighbor 2 Neighbor
- 4/1 - Dr. Robert Nye President of FLCC
- 4/8 - Dave and Rich - Traveling Rotarians: France, Germany, and Switzerland

Four way test:				
"Of the things we think, say or do:"				
1. Is it The Truth?				
2. Is it Fair to All Concerned?				
3. Will it Build Goodwill and Better Friendships?				
4. Will it be beneficial for All Concerned?				
Kerry Lippincott President	Ethan Fogg President-Elect	Vacant Vice President	Ford Weiskittel Secretary	Bob McFadden Treasurer