

THE FOLLOWING LOCAL ROTARY CLUBS WELCOME YOU!!!

Monday: *Largo*, Noon at Alfano's Restaurant

Tuesday: *Clearwater Countryside*, 7:30 AM, Countryside Country Club

Wednesday: *Dunedin North*, 7:30 AM, Dunedin Country Club

Palm Harbor Rotary, 12:15 lunch at Innisbrook

Thursday: *Tarpon Springs*, 12:15 PM, Tarpon Springs Yacht Club

Friday: *Safety Harbor*, 7:30 AM, Safety Harbor Spa

Visit Your Club Website - www.DunedinRotary.com

. If you need to update information on our Club web site email Steve@adsharp.com.

Past issues of the Gulf Breeze, our annual Calendar of Events and contact information

Next Meeting Agenda

October 17, 2006

Invocation - Sara Kessinger

Joke - Earl Tapley

Speaker - Rich Wachstein - CAIR

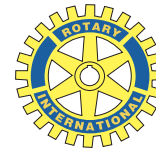
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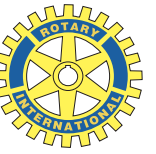
October District 6950 Newsletter Online

What is a "Moos Letter"?

**Go to www.Rotary6950.org
and find out.**



Gulf Breeze



The Rotary Club of Dunedin Florida

Tuesday, October 10, 2006

Douglas Avenue Street Clean-Up
Saturday October 21 @ 8:30. Please sign up with John Donegan.

A GSE Team from England will be here from April 21 to May 18, 2007. We need hosts from our club. Please contact Suzanne Henslee if you want to help.

60th Anniversary Proposals Due!
Our club will celebrate our 60th anniversary on February 11, 2007. If you have a suggestion on how we should celebrate this milestone, please contact Bill Francisco or Ray Kingsbury.

Honeymoon Island Ice Cream Delight
October 29, 3 - 6 PM for club members and families. Sneak preview of Rotary Centennial Nature Center. Martine Stapp – Chair, Family Committee

Nominations for 2007-2008 Officers and Board members now open. Please contact Sallie Parks, Nominating Committee Chair.

Jokesters Still Needed. Please sign up with Jeff Rhoads to make our club laugh.

Dr. Richard Miller Speaks on Skin Cancer

Dr. Richard A. Miller, DO., FAOCD, and founder of Bay Dermatology and Cosmetic Surgery, shared some practical and wise suggestions with our Club last week about how to protect ourselves from the harmful effects of the sun.

Skin is much more important than a protective covering over our bones and muscles. Skin is actually an organ, and the largest organ on the body.

There are 2 types of sun rays that affect our skin. UVA rays penetrate deep into the skin to the dermis layer. These rays cause tans, burns and damage. UVB rays are those that are referred to when looking at the Burn Index. These rays do not penetrate as deeply, but their affects still cause long-

term tanning, burning and damage. Dr. Miller talked about the UV Index, which we often see reported on the TV or radio. The higher this index is the more powerful the effects of the sun's rays. If the index is at 10, Dr. Miller advises staying inside.

There are 6 different types of skin. Types I, II and III are the most sensitive to the sun's affects and should take the most precautions when exposed to the sun. These individuals are fair skinned and generally do not tan and burn quickly. Dr. Miller advises that these types always wear significant sun protection and avoid being out during the peak sun hours of 11am to 1pm. Types III-VI are more (Continued on Page 3)

There was not time for Happy Bucks this week.

VISITORS: Jacques Marion with Friends of the Island Parks; Don and Andy from the Downtown Clearwater Club; Virginia and Chuck from Brentwood, NJ; Lynn Wargo's dad Frank; Dick Wilson's neighbor and friend Kirk; Chuck Warrington from the Clearwater Club and Dave from the Belleair Club.

50/50 – The jackpot grew again with a total over \$2,600 with still three cards left - an Ace and two Jokers. These three cards will stay in the mix until someone picks the Ace to win the pot.

Information On Our Dunedin Club and Other Local Rotary Clubs

Rotary Club of Dunedin Holiday Party - Monday, December 11 at Carlouel Yacht Club

Our Rotary Club "Blue Book" is now available online at www.Rotary6950.org. Login to the members only section using your email address and RI membership number then follow the menu.

Board of Director Meeting - Wednesday, October 18 at the Dunedin Chamber of Commerce. All members welcome!

Rotary volunteers still needed for the Clearwater Jazz Holiday, October 19-22 in Coachman Park

12th Annual Dunedin North Rotary Cup
Friday, October 27 at Dunedin Country Club

Rotary Club of East Lake Sunrise
1st Annual Golf Classic, Friday, November 3

Blue and Gold Ball to Benefit SEPSIS Awareness sponsored by the Rotary Club of Clearwater East, Saturday, November 4

Complete information on other District Rotary Club events is available at www.Rotary6950.org



MEETING AGENDA

October 10, 2006

Invocation – Julie Linn

Pledge of Allegiance

Joke of the Day – Julie Linn

Introduction of Guests – Lynn Wargo or Deborah Kynes

Happy Bucks

50/50 drawing

Announcements

Speaker - Wit Tuttle - St. Petersburg-Clearwater

Convention & Visitors Bureau



Dr. Miller On Skin Cancer

tolerant of the sun, but Dr. Miller still advises sun protection. These types are more likely to tan than burn, but they still experience damage.

There are risk factors that can increase one's chances of getting skin cancer. These include a family history, medical and/or industrial x-ray exposure, immuno suppression, scarring from other injuries, occupational exposure to coal-tar, or arsenic and organ transplant recipients.

There are 3 types of skin cancer, and one in 5 Americans will get some form of it during their lifetime. Basil Cell Carcinoma affects at least 1 million Americans per year. Approximately 80% of all cases in the US are Basil Cell. 90% of the time the affected area is on the head or neck. This type is the least serious, as it is unlikely to spread to other organs. The basil type has a high cure rate, but once you get one you are 20-40% likely to develop another.

Squamous cell carcinoma affect at least 300,000 each year. This type is potentially more serious, as it can spread to other organs. If the lesions are on the hand, ear or lip the cancer of this type is more likely to spread. This type is often found in sun-ex-

posed areas and effects the outer layer of the skin. It has a 90% cure rate.

The third type, Melanoma affects at least 53,000 Americans every year. This is the most serious type. 4% of all skin cancers are this type and it is responsible for over 80% of skin cancer deaths. If it is detected early it is completely curable, but if left untreated it can spread to other organs. This type has some distinguishing characteristics. It is usually asymmetrical, has irregular borders, colors that are variegated and a diameter greater than 6 mm. Any of these together or alone should prompt a visit to the doctor.

Miller said to avoid sun exposure as much as possible, especially during mid-day when the sun is strongest. Apply sun screen at least 30 minutes before leaving the house, as it must soak in before it become fully effective. Reapply sun screen every 2 hours or after going in the water. Children under 2 should not be in the sun from 10am-4pm. Dr. Miller says that children under 2 do not have the ability to make the melanin necessary not to burn. Written by Sarah McCallam