

**THE FUTURE OF ROTARY IS
IN YOUR HANDS**



ROTARYGRAM

*The Weekly Newsletter for the
Rotary Club of Birmingham*

WEDNESDAY
MARCH 17, 2010

Today



WENDY JACKSON
Executive Director
Fresh Water Land Trust

St. Patrick's Day
Wear your green!

FUTURE PROGRAMS AND EVENTS

Mar 24 District Governor
Georgia Medori
GSE Team from India
Principal of the Year

Mar 31 Warren Stephens
Stephens, Inc.

Apr 7 Mayor William Bell
State of the City

Apr 14 Ola Kaellenius
Mercedes

Wendy Jackson is the Executive Director of the Freshwater Land Trust, a position she has held since 2001.

At the Land Trust, Wendy has established partnerships that have resulted in the formation of the 466-acre Turkey Creek Nature Preserve in Pinson, the Five Mile Creek Greenways Partnership, and the 1,108-acre Red Mountain Park property in Birmingham. During her tenure as Executive Director, the Freshwater Land Trust has protected or helped to protect almost 8,000 acres throughout Central Alabama.

Under Wendy's leadership, the Freshwater Land Trust became the first accredited land trust in Alabama in 2009 by the Land Trust Accreditation Commission. The Freshwater Land Trust received the 2003 Governor's Conservation Organization of the Year Award and was named the 2005 Charitable Organization of the Year by the Association of Fundraising Professionals. The Freshwater Land Trust also received the Birmingham Regional Chamber of Commerce's Non-Profit of the Year (Category 1) in 2009.

Wendy has been recognized across the state for her businesslike approach to conservation and her unique ability to bring diverse partners together for the benefit of conservation. She is the 2005 recipient of the James Dockery Environmental Leadership Award which is presented to individuals who have played a leadership role in preserving the South's environment, and she is a 2009 graduate of Leadership Birmingham.

ADDRESSES OF RECENT SPEAKERS



Chris Oberholster
Alabama Director, The Nature Conservancy
2100 1st Avenue North, Suite 500
Birmingham, AL 35203

Juan Williams
400 N Capital Street NW
Washington, DC 20001

Aaron Beam
16848 Black Devine Road
Loxley, Alabama 36551

Bob Rathburn
Sloss Furnace Museum
20 32nd Street North
Birmingham, AL 35222

**Meetings are recorded. Tapes are available for \$3.50 each, which may be added to Rotary invoices.

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ST. PATRICK'S DAY

From Seacoastonline.com

Opinion

March 4, 2010

.... Almost everyone claims to be Irish on March 17th. But before you pin that green corsage on your breast or tip that green derby over one eyebrow, Shenanigans suggests you do a little self-examination to determine if you really qualify as a son or daughter of the Old Sod.

First of all, is one of your cousins a fireman, cop, bar owner or does he hold political office? Do you think you sing very well? Were instant potatoes a mortal sin in your house? If you answered affirmatively to all of these, you may move on to the next level.

If you have no idea of how to make a long story short or you get strangely poetic after a couple of beers, you may move on.

Have you spent a good deal of your childhood on your knees in prayer? Is it true you can't wait for the other guy to stop talking before you start talking? Has anyone ever told you that you are not as funny as you think you are and what you lack in talent you make up for in repetitive frequency?

Are you or do you know someone named Murph? If you don't know a Murph, do you know a Mac? If you don't know a Murph or a Mac, do you know a Sully?

Do you resent funeral parlors which have taken the place of in-home wakes with their kitchen full of old friends, especially the ever present Jack Daniels? Do you resent the fact that Irish wakes are now usually just one afternoon and that evening, instead of the three-day-long remembrances of the past?

Are you genetically incapable of keeping a secret? Do you have Irish Alzheimer's in that you forget everything but the grudges? Are there at least two family members who no longer speak to one another? Not fighting, just not speaking to each other?

Is it true you cannot leave a family gathering without saying goodbye for at least 45 minutes? Have you ever left a party saying "that's it for me. I'm never going to one of these again?" Have you ever gone to one of "those" again?

Did your childhood remedies for the common cold often include some form of whiskey? Was your grandfather called "Da?" Was Irish Stew a euphemism for boiled leftovers? Did you ever have anything for dinner on Fridays but fish?

Was it difficult for you to tan only in spots?

You may not know the words but did that ever stop you from singing? Do you know all the words to "Danny Boy?"

Are any of your sisters or cousins named Mary, Catherine or Eileen? Do you get sentimental or poetic after a few drinks? Is there no one in your family more generous than you?

If you answered in the affirmative to most of these questions, then, as they used to say in the old country, "Come into the parlor!"

AN ARTICLE IN THE *CEYLON DAILY NEWS* NEWSPAPER NAMES THE RCB

This article appeared as the lead story in a leading daily in the country (Sri Lanka) on International Women's Day on 8th March 2010.

Rotary Focuses on Women

Reducing Incidence of cancer through screening

The Cancer Prevention and Early Detection Project launched by The Rotary Club of Colombo almost 6 years ago, aims at addressing the significant problem of increasing incidence and prevalence of cancer in Sri Lanka. According to statistics, each year an average of 12,000 to 13,000 new cases of cancer are diagnosed.

The high mortality and morbidity in Sri Lanka has been found to be due to the late presentation to the health authorities.

According to studies, 30 percent - 40 percent of such deaths can be prevented with timely screening and early detection, thus saving up to 3,000 lives. In Sri Lanka, breast cancer is one of the most common cancers amongst women, and accounts for over 22 percent of all cancers in women.

What is significant is that, if detected at an early stage, breast cancer could be cured.

Thus, the vital need for screening and early detection facilities not only for breast cancer, but other cancers, including cervical cancer, which is also prevalent amongst women in Sri Lanka. The Cancer Early Detection Project which is in partnership with the National Cancer Control Programme of the Ministry of Health has been operating a Cancer Early Detection Clinic in Narahenpita for almost 6 years to date, providing screening, diagnosis and counseling facilities entirely free of charge.

During this period several thousand people, mainly women, have been screened, and of this, several hundred detected with symptoms requiring further investigation.

Prevention through awareness building is carried out through media publicity, and by the Centre through the mobile unit covering outstation areas targeting mainly the high risk groups.

In view of the focus of the Ministry of Healthcare and Nutrition on arresting the growing incidence of cancer through widespread screening programs in the country, this Rotary project which is in partnership with the Ministry will add further value to this work. In the case of early detection of breast cancer, basic screening is presently carried out.

In order to enhance the effectiveness of the screening facilities offered, it is proposed to install a mammography machine, which will be donated through the Rotary Club of Birmingham, Alabama, the US Rotary club partnering with the Rotary Club of Colombo in this life-saving Project.

The machine will be located at the National Cancer Prevention and Early Detection Centre which is currently under construction.

It is reported that with a mammogram, breast cancer can be detected up to 2 years before it is large enough to be felt, and if detected early, can be cured. Mammograms are recommended to be taken on a yearly basis and for apparently healthy people, not showing symptoms. With a mammography machine in place, this will enable a greater number of detections to be made at an early stage, thus arresting the incidence of breast cancer through early detection, and reducing the number of new cases. Meanwhile, once the new Centre is operational, a comprehensive and widespread awareness building program on cancers, including breast cancer is planned amongst the general public and particularly women, through the media, schools as well as medical personnel.

The value of the services offered for screening of breast cancer is also planned to be further enhanced by linking this project with a leading organization in USA, Radiology Mammography International, as well as input from the American College of Radiologists, with the assistance of the Rotary Club of Birmingham, Alabama.

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Discussions are underway to provide technical input and training through Mammography International USA, once the machine is installed, which will greatly enhance the screening facilities for breast cancer provided by the Centre, whilst ensuring the sustainability of the Centre in the long term.

Meanwhile, the Rotary Club of Colombo is in discussion with a leading Corporate to partner them to complete the construction of the Centre.

This will enable the early detection activities as well as prevention through awareness building activities to be more focused and intensified, with a view to significantly arresting the rising incidence of breast cancer as well as other cancers prevalent in Sri Lanka, thus making a very valuable contribution to society and saving lives through the prevention and early detection of cancer.

IN ROTARY'S PAST

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