

Ann Owens Is New President Of McAlester Rotary Club



Ann Owens President

Ann Owens was installed as the 95th president of the McAlester Rotary Club, June 27.

Bruce Hall was the installing officer.

The other new officers are Steve Brock, President-Elect; Brett Smith, Vice-President and Jim Henley, Secretary-Treasurer.

New board members are Betty Talley, Karl Scifres, Mike Lowber, Louise Washington, and Shayne Javersak.

Bruce Hall explained that the club is 92 years old, but an illness, a death and two wars made Ann Owens the 95th president.

Retiring President Richard Gorman told the new officers that the Centennial of the club is approaching. He said he was "very privileged" and it was an honor being club president. He commended Jim Henley and the board members last year for their support.

He thanked Dave Cressman for organizing a Relay For Life Team; Bob Saunier for his "generosity" for the skateboard park; for Ronnie May for heading the Dictionary



Brett Smith Vice-President, Steve Brock President-Elect, Betty Talley board member, Jim Henley Secretary-Treasurer, Ann Owens President, Richard Gorman Retiring President, Louise Washington board member, Karl Scifres board member, Mike Lowber board member

project; to Doug Helt and the Salvation Army for the Bell Ringing Project.

He thanked Ronnie May and Terry Harrison for their work for the Foreign Exchange Student project; Chris Wilson and Steve Brock for heading the Meals on Wheels; Bob Basolo for being chairman for the Italian Festival work; Gene Walker for raising funds for the Volunteer Fire Departments; Jim Thompson and Jim Elliott for the Flag

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Dr. Nance Weddle, D.O., Says Avoid Sun



Dr. Nance Weddle

Dr. Nance Weddle told us last week to "avoid the sun" and use sun screen.

The D.O. at the Medical Arts Building talked mostly about skin cancer. She said most people think of skin cancer as a

disease, but it is a reaction of the cells of our own body, she said.

Dr. Weddle said that skin cancer is the most common type of cancer. She said the time to avoid the sun is from 10 a.m. to 4 p.m.

She described several types of skin cancer, but said it could be "something on your skin that wasn't there before."

The most common type is on your nose or ears, and can usually be taken care of with "a little bit of freezing."

She described some of the basal cell and melanoma skin cancer. Some has a "ragged border with uneven shades of color." Some heal and "come back," and some have a hair growing out of them.

An "early diagnosis" is important, Dr. Weddle stressed. A biopsy can determine how serious a growth on the skin is.

Some can be controlled by freezing, some by laser surgery. But melanoma often requires a "wider incision," and possibly radiation treatments.

She recommended a sunscreen grade of 45, and said to "re-apply it."

'Looking at a Significant Growth'

McAlester Regional Is Expanding and Recruiting



Hospital CEO Shaun Beggs

McAlester Regional Hospital is renovating its cafeteria, expanding its Cardiology, its Neurology and Urology services, and has a strong physician recruiting effort, Hospital CEO Shaun Beggs told us July 11.

The hospital official said he came here as a financial officer at the hospital, almost three years ago.

The hospital has almost \$70 million in net revenues, has very little debt, and has 900 employees, with a \$28 million payroll. McAlester Regional is looking at “a significant growth,” because health care is an “exploding industry,” Beggs said.

The patient waiting areas on the third floor are being renovated, and the hospital foundation is raising funds to

complete renovation of all the patient waiting areas, he said.

McAlester Regional also is working to develop partnerships with Atoka, Eufaula, and Holdenville. Lab services and other departments at the hospital are supporting area clinics.

One of the challenges the McAlester hospital faces is a change in Medicare services, which will mean a loss of \$1.5 million in reimbursement. Medicare makes up about 50 percent of the hospital’s income, Beggs said.

Hospital officials also are worried about workforce shortages, particularly in nursing.

However, “The future of our facility is bright,” the hospital official concluded.

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Project and to Shayne Javersak and Mark Jordan for filling in for Jim when he resigned from the post.

He thanked Brian Renegar, Jim Henley and Ronnie May for heading the Indoctrination Program and Loise Washington for the Scholarship Project, to Fred Turner and Jack Chatenay and Ted Welch for the Club Bulletin and the website and Gary Boyd and Cliff House for the heading the Music Committee. He also thanked the program chairmen for each month.

He reminded that we added nine new members during the year. And he gave the President’s pin that Harris Gladstein gave to the club, to President Ann.

District Conference and Leadership Training

This District Conference September 14-17 will advance your Rotary experience through fellowship, inspirational addresses, and the discussion of matters relating to clubs in District 6110 and Rotary International.

The conference will showcase the programs of Rotary and several successful district and club activities. District 6110 Invites You To 5th Annual District Rotary Foundation Golf Classic Four Person Scramble - Men & Women \$75.00 per player (includes golf and cart) Proceeds to Rotary Foundation Charitable Giving Thursday, Sept. 14th – Forest Ridge Golf Club Broken Arrow, Oklahoma Lunch & Registration Noon Shotgun Start at 1:00 p.m. Prizes for Great Shots, Holes in one, most accurate drive, longest drive, & closest to the pin! Shop Gift Certificates for each Flight (Top Two Teams Per Flight – Minimum Two Flights) DOOR PRIZES! “Single” Golfers – we will place you on a team! Visit <http://www.ri6110.org> for additional information

Attendance, Visitors, and Handshakers

Attendance last week was 49. Guests were Randel Renegar, guest of Brian, and Hayden Brumley, guest of Don.

On July 11, there were 52 present. Jeannie Morlon of Odessa, Mo., was a visiting Rotarian., Leslie James was a guest of Shirley Fleming.

On June 27, there were 53 present. Visitors were Billy Ray Holt and Bryan Pratt, guests of Lucy Smith. Also Ryan Owens and Reina Owens were visitors.

The dollar last week went from Phil Brenner to Mike Lowber. The

previous week it was passed from Lynn` Edwards to Brian Tippit. And on June 27, it went from Carl Filschow to Doug Auld. It was all on the up-and-up, and Randy Saunier was not a third-string quarterback.

Ronnie May needs another Rotarian to help keep the next Rotary Exchange Student.