

ROTARY CLUB OF HAWTHORN



Tuesday 06 July 2010

President Meredith Hayes (president@hawthornrotary.org)

BUILDING COMMUNITIES
BRIDGING CONTINENTS

District Governor

Iven Mackay
(RC Toorak)

Websites

www.rotarydistrict9800.org.au
www.hawthornrotary.org
www.rotarydistrict9800.org.au/Members/Networker

Secretary

Richard Logan
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Editor

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Apologies (Essential)

- Enter in the book,
 - Or tell Norman Hall
- Ph: 0401 100 177
Norman_p_hall@hotmail.com

Meetings

Hawthorn Receptions
555 Glenferrie Road
Hawthorn 3122
Tuesdays 12:30pm for
1:00pm (Finish 2.00pm)

Rotary Club of Hawthorn

PO Box 33, Hawthorn 3122
Bulletins etc available from:
<http://groups.google.com/group/hawthorn-rotary/files>
Discussions, correspondence etc available from:
<http://groups.google.com/group/hawthorn-rotary/topics>

Notes from the meeting

President Meredith's Messages

- Here's our new banner for this Rotary year:
- The new District 9800 Handbook: collect your copy and read it (it's full of useful Rotary stuff!)
- See you in Flowerdale on Saturday 10 July
- See you at the President's Cocktail Party on Sunday 25 July



People

- Welcome back to Noel Halford after driving to Cape York and back.
- Why not phone one or all of Bruce Smith, Ian Stoney, and Russell House (all of whom are on the sick list)?
- Welcome back to Anne Scott—still treating her leg with great care.
- Get well, Ralph Treloar (in the Rosebud hospital with pneumonia.)

Coming Weeks:

- Ngaire Cannon promises us a mystery birthday party in August!
- RCH Quilting Show Fri 24—Sun 26 Sep at Hawthorn Town Hall
- 'Children In Vietnam' Breakfast Tues 27 July—City—0418 573 803



President's Cocktail Party—4-6pm Sun 25 July

- At Meredith & Geoff's house: 4 Myrniong Grove, Hawthorn Melway 59H3
- \$10 per head. BYO wine etc

Planting Trees in Flowerdale—Approx 10am to 3pm Saturday 10 July

- Meet at the Hawthorn Receptions car park at 8am for car pooling or at Flowerdale Pub (3325 Whittlesea Yea Rd) at 10am
- We already have at least 6 volunteers but 10 or more would be better.
 - This is comparatively light work and all equipment is provided
 - Morning tea and BBQ lunch provided.
 - Contact the indefatigable Gerald Swinnerton 0425 777 851 geraldswinnerton@lycos.com
 - Bring spouses, family & friends!



Prostate, Cancer, Continence, etc. *So See Your GP for an Annual Check Up!*

A talk by
David Smith
(Prostate Cancer Foundation)

Men are notoriously bad at having regular check-ups. Often it's the 'woman behind the man' who pushes him to make the appointment. This was a useful reminder of the stuff that none of us men - or our women - want to hear about, or think about.

The statistics for Australia are surely designed to scare us:

- 18,700 new cases of prostate cancer are diagnosed each year.
- 2,900 men die from it each year.

David Smith is not a doctor, but he is a prostate cancer survivor; and he told us much about the prostate gland:

- about the size of a walnut;
- part of the male reproductive system;
- produces fluid which enriches sperm;
- located just below the bladder, and the tube from the bladder goes through the prostate ('proving that God is a woman!'); and
- surrounded by nerves that control erections.

And about the symptoms of prostate cancer:

- usually, urinary problems ('It may well *not* be prostate cancer. Don't assume you're 'bulletproof'. Go to your GP. Today.')

And about the diagnostic techniques:

- annual measuring of PSA (obtained from a blood test) to detect increases;
- digital rectal examination ('a few moments of discomfort'); and
- biopsy ('insist on an anaesthetic!').

And about the possible forms of treatment:

- active surveillance;
- surgery;
- radiotherapy and hormone treatment;

And about the possible post-operative side effects of surgery to remove the prostate:

- probably be in hospital 4 or 5 days;
- in a few weeks, bladder control should return (If not, continence pads etc can enable one to lead a reasonably normal life. Or, occasionally, the surgeon can fit valve operated manually);
- erectile function is sometimes lost (Then, options include Viagra, do-it-yourself injections, or an external valve to operate an implanted device.)

(At this juncture, David remarked, as an aside, about the theoretical possibility of getting the two valves confused. Whereupon nervous, genuine, laughter ensued!)

What causes prostate cancer? Genetics has something to do with it, but no-one understands the whole story. However, David told us of an interesting fact: Asian countries have very low rates of prostate cancer, but Asian men in Australia have incidence rates comparable to the Australian average. It seems to me that whoever figures this out should win a Nobel Prize!

Our chairman-of-the-day Kevin Rose (our esteemed local GP) failed the anatomy test when introducing David: "The prostate is close to my heart . . ." However, maybe this was actually a joke designed to set a light hearted tone to what could have been—but wasn't—a very downbeat talk!



(By Lawrence Reddaway)

www.prostate.org.au

Sorry, I have no photograph for this page: The photographs of David fell into an electronic black hole; and, even if I could find a picture of a prostate, who would want to look at it?

Editor

The Bill and Melinda Gates Institute

It is little known that Bill and Melinda Gates support many health issues, other than Polio Plus.

A collaborative effort to launch a project to revitalize the family planning and reproductive health global agenda was announced in Kampala by the Johns Hopkins Bloomberg School of Public Health, with support from the David and Lucile Packard Foundation, the U.S. Agency for International Development (USAID), and the Bill & Melinda Gates Foundation.

The goal of the three-year project is to empower developing countries to advocate for universal access to reproductive health as a critical component in achieving the Millennium Development Goals in health through increased funding, an improved policy environment, and increased visibility for family planning at the local, national, and global levels.

Supported by both the Bill & Melinda Gates and the David and Lucile Packard Foundations with combined grants totalling \$12 million, the project will reach governments, international donors, and multilateral agencies about the urgent need to invest in family planning to reach the 200 million women who wish to delay or end childbearing, but do not have access to family planning services and supplies.

The project will build on past investments in family planning and ongoing activities in reproductive health advocacy, leadership development, knowledge generation, and innovative service delivery projects. The project's momentum will be fuelled by the re-emergence of the United States and the continuing and growing interest of European donors in the issue of family planning.

(From *Networker*—our district 9800 newsletter)

This Week's Meeting:

Attendance: 36 Members + 1 Guest = 37 Total
Guest Speaker: David Smith (Prostate Cancer Foundation of Aus)
Guests of Members: Nil
Visiting Rotarians: Nil
Other Guests: Nil
Thanks to: Kevin Rose (Chair), Jonathan Sear (Sergeant), Joan Janka (Raffle Donor)

Apologies	CORRIGAN David DAVEY Geoffrey HAMILTON Ian HANSON Chris	PERREE Terry WARREN Ian
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Makeups
None reported

Around The Club

Burns & Burns—immortal duo!

Can it really be 5 years since **Betty Burns** had her heart attack? **The Shadow** was delighted to see her looking well recently.

Nonetheless, *The Shadow* understands that **Vic & Betty** are about to sell their home unit and move into a retirement home in Box Hill. Won't be long before **Burns & Burns** are running the place!

Henry Drury—ever optimistic?

Look what fell into **The Shadow's** in-box: The sign says "Rotary Club of Ambleside 'Wishing Well'" Always nice to have someone wish you well. Or has *The Shadow* got the wrong end of the rope?



Nameless Pig Back On the Job

Aha! It was good to see the cheery (but as yet nameless) pig back on the march from table to table, from person to person, sucking up silver coins. (But—at the risk of repetition—when will the pig have an official name?)

The Shadow

Housekeeping						
(If you cannot perform your duty, please find a replacement. Or call Norman Hall 0401 100 177)						
Date	Setting Up	Badges	Front Desk	Grace	Raffle	Clearing Up
13 July	Geoff Wright	Max Brenner	Noel McInnes	D. Pisterman	R. Bainbridge	Bill Troedel
			Bill Troedel			S. O'Donoghue
20 July	David Corrigan	David Corrigan	Ian Hamilton	David Rush	Bill Troedel	Noel McInnes
			Bill Troedel			Phil Stewart

Forthcoming Speakers					
Date		Topic	Speaker	Organisation	Chair
July	13	From University to Media	Waleed Aly	Lawyer & Journalist	Richard
<p>Waleed Aly is a lecturer in politics at Monash University, where he also works within the Global Terrorism Research Centre. A former commercial lawyer, Waleed is also a regular on ABC radio in Melbourne. His first book <i>People Like Us: how arrogance is dividing Islam and the West</i> was shortlisted for Best Newcomer in the Australian Book Industry Awards.</p>					
July	20	Club Forum	All Directors		President
Planning the year ahead for our club.					
July	27	Planning and Consultation Processes in Victoria— <i>What everyone should know</i>	Ken McNamara	Rotary Club of Hawthorn & VCAT panel member	
Aug	03	tba			
Aug	10	tba			
Aug	17	tba			

Leave of Absence
Neil Roberts 28 June—12 July

Second Bite Roster			
July	11	Noel Halford	Philip Slobom
July	18	Bill Troedel	Dennis Shore
July	25	Kevin Rose	David Owen
July	31	Ian Hamilton	Norman Hall