

Rotary
Club of Forest Hill



**The Flyer
2017-2018**



**ROTARY:
MAKING A
DIFFERENCE**

President: Bill Marsh

Number 15

Club address:

Email address:

Website:

Meeting location:

Meeting time:

Facebook:

Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132 (Melways 48H9)

Monday 6.15 for 6.30 pm

Rotary Club Forest Hill

16 October 2017

PO Box 116, Nunawading 3131

foresthillrotary1975@gmail.com

www.foresthillrotary.com

CLUB PROGRAM

Date	Event	Chair	Thanks & Meeting Report
16 Oct	Brainstorming	Mike Finke	Bill Marsh
23 Oct	Burwood to Best Chance <i>Kay Edwards/ Glenys Grant</i>	Bob Laslett	Ray Smith
30 Oct	Bucatini with partners		
6 Nov	No meeting-Cup day		
13 Nov	Partner's Control Night	Judy Marsh	

CELEBRATIONS

A quiet week.

DUTY ROSTER

	OCTOBER	NOVEMBER
Recorder	Glenys Grant	Chris Tuck
Greeter	Ron Brooks	Stuart Williams
Emergency	Sue Ballard	Mike Finke
Cashier	Chris Tuck	Ron Brooks

ATTENDANCE

APOLOGY – IF A MEMBER IS NOT GOING TO COME TO THE MEETING or you intend

bringing a guest please contact Ray Smith by 10.00 am MONDAY on 0412 807 585 or rcssmith@optusnet.com.au

.SPECIAL DIETARY NEEDS to Ray by 10am at the LATEST

Any CANCELLATION AFTER 10.00 AM *should* be made direct with the management of

Bucatini Restaurant on 9873 0268

BILL'S BYLINES

Yet another great speaker delivered a message that was well received by the members. Vin Jenkins spoke on "All you need to know about prostate cancer". Vin, a survivor of prostate cancer, delivered his message without a great deal of fanfare but certainly hit home with our members. I think the age range in the club meant this was a topic we could relate to on a personal level.

- In Australia, prostate cancer is the most commonly diagnosed cancer in men.
- More than 3,000 men die of prostate cancer in Australia every year.
- More men die of prostate cancer than women die of breast cancer.

It was great to have Ron Brooks back from yet another overseas jaunt. We had one of our speakers (organised by Ron) cancel while Ron was away. Ron made up for it in his role as chair for the night! Go Ron!!!

While it seemed to be fairly quiet on the egg and bacon stall at the WFM on Sunday the takings at the end of the day were quite respectable. Thank you to all who helped out, particularly partners and family. It was the first activity where we had a number of members on deck wearing their new polo shirts and they really looked fantastic.

On Sunday we will have a small number of members helping out on the Rotary stall at the Whitehorse Spring Festival. Thank you to those who volunteered. If anyone else can help out please give Judith Eadon a call and come along and join in. Particularly in the morning sessions.

Thanks to the magnificent support of two of the club's benefactors we have been able to provide \$3,000 towards the building program at the Hope Katolo Nursery School in Kenya. This has been a key project for our club for a number of years. We have also been able to provide \$3,000 to the Berangarra School for curtains and blinds in their new theatre/arts area.

We have 10 seats reserved for the next Peridot performance on Saturday 18th November. Please let me know if you would like to attend so that I can arrange additional seats if required.

We wish Barbara Searle all the best and hope she is soon back with us.

Some dates for your diaries.

Saturday 14th October – Blackburn Market

Sunday 15th October – Whitehorse Spring Festival

Monday 30th October – Partners night at Bucatini

Friday 17th November – Visit to Roger Davis' farm

Saturday 18th November – Peridot Theatre

Friday 27th November – Youth Achievement Awards

Did You Know?

In 2009 a retired policeman called Geraint Woolford was admitted to Abergale Hospital in north Wales and ended up in a bed next to another retired policeman called Geraint Woolford. The men were not related, had never met and were the only two people in the UK called Geraint Woolford. (Now that is a coincidence!)

Remember - Rotary: Making a Difference - is not just a theme it is what we do.

Meeting report October 9

Stu Williams mentioned a former Forest Hill Rotarian's recent activities. Her health has declined, so she's moved to Brisbane to be closer to family. Nancy has made the decision to enjoy her life as she wants, rather than subjecting herself to treatment she feels will make her unhappy. She's making the best of every day, and has made time to travel.

Chairman Ron mentioned his trip to Vilnius, and the Rotary Club there. The members do not meet during the summer months, but have good attendance during the active months, and provided Ron and Robbie with incredible hospitality during their travels.

Reports included mentions of World Polio Day, and the assistance granted to Patricio Soares of East Timor, by ROMAC. He's received excellent treatment and will be returning home reasonably soon.

The curtains have been installed at Berengarra school, and a cheque will be sent to pay for them. They're very pleased with the results.



The District Conference Launch was attended by Ron, and details of the speakers are now available for the March 2-4 Bendigo conference. Tentative booking has been made at the Lakeview Motor Inn, close to the venue. Rotarians are advised to contact John McPhee to confirm numbers quickly.

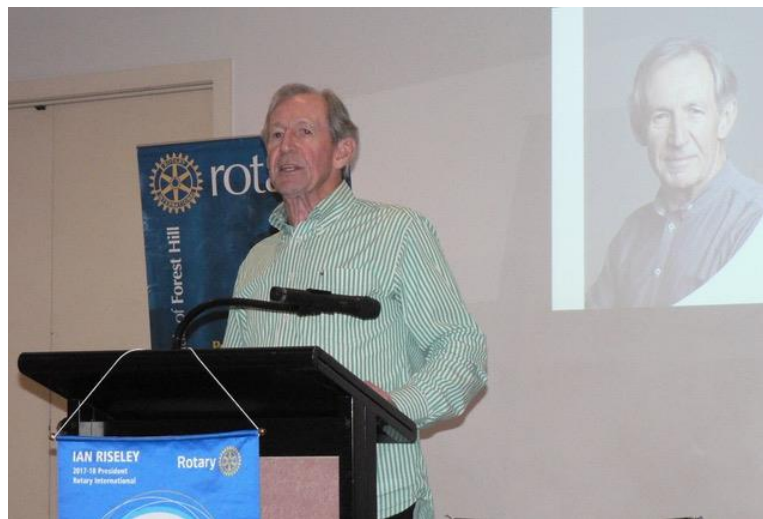
The Historical Society has offered their thanks for RC of FH's assistance during their sausage sizzle.

Bill Marsh called for a few extra volunteers to staff the Rotary stall for the Whitehorse Spring Festival this Sunday, October 15th.



Hope Katolo building works have been completed, and photos have been passed around and will be posted on our website and social media soon.

The trip to Roger's place will include partners this year, and we will return to the old practice of bringing our own food, to reduce the burden on our hosts.



Speaker Vin Jenkins.

Vin is an ambassador for the Prostate Cancer Foundation of Australia. Vin discussed his own personal experience with prostate cancer. Vin had survived treatment of a malignant melanoma when an unrelated prostate tumour was discovered. Vin did not receive sufficient information about treatment, and relied on a very doctor-centric course of action which did not give him much agency. His tumour was localised, and cancer had not spread to any other organs. Despite the prostatectomy resulting in no incontinence issues, and his being able to deal with other side-effects with some assistance, he's taken his experience as a challenge to provide better information about the disease. Vin provides information in the hope that others will have a better idea of the risks, the options for testing, and the available treatment choices than he did.

More men die of prostate cancer than other cancers, but screening lags many other forms of cancer, and additional discussion and awareness may very well save lives.

The PCFA has three foci: They fund and promote research into prostate cancer; they provide education and awareness campaigns targeted at medical personnel, patients, and government bodies; and they establish support groups and provide access to specialist nurses to assist with cancer patients and survivors.

Vin offered a few facts to dispel some common myths about prostate cancer:

- Despite popular belief, prostate cancer is not solely an 'old man's' disease, it can and does happen in men of all ages.
- It is not transmissible in any way between people.
- Neither prostate cancer nor its treatment necessarily result in impotence.
- Prostate cancer is not always accompanied by detectable, obvious symptoms.

Additionally:

- While prostate cancer has one of the highest survival rates of all cancers, it is also the second highest cancer killer in men.

There are a few risk factors:

- Age- the risk of developing prostate cancer does go up with age.
- Family history- having a close family relative who's had prostate cancer means you are at an increased risk, as there is a genetic component to susceptibility.
- Diet- as with many other health complications, a diet rich in whole grains, fruit and vegetables, and lean protein is associated with a lower risk of prostate cancer than one with significant amounts of saturated fat, processed meats, and simple carbohydrates.

Lowering your risk can be as simple as eating a healthier diet and following the standard guideline of a minimum of 30 minutes of exercise, 5 days a week. Keeping an exercise regime of between 2.5 and 5 days per week can result in myriad benefits.

Testing, the three varieties:

- PSA – the standard blood test checks for a protein typically produced by the prostate. While this method will not detect every single prostate cancer, it's far more effective than nothing, particularly when regular testing is used to detect changes in the levels.
- Physical examination- a digital exploration of the surface to determine the shape and/or size of the prostate.
- Scanning/imaging

It's only after the presence of cancer is confirmed and characterised that a patient should be given all available options. Options can include surgery, radiotherapy, chemotherapy, or surveillance/waiting. Patients should be provided with enough details to make a truly informed decision.

That's what PCFA is working towards.

The Sgt session raised a little over \$33.

The Raffle raised a smidge more than \$53.

Mike

Sergeant's Reflection 9 October

Tonight, I want to combine both a reflection and an inspiration. I want to talk about our past member Nancy Notman. Nancy is "getting chest and back pains now, everyday". She is moving away from Ipswich and moving closer to her family.

Late last year Nancy was diagnosed with Mesothelioma (asbestos lung cancer). There is no cure.

She decided not to drop her bundle. She has been determined to make the most of everyday. Nancy rejected intravenous chemo and radiotherapy. She "did not want to be sick and have her treatment make her hate her life".

Nancy recently took a trip to Greece and did some painting there. Although she is struggling, she says people looking at her would be none the wiser. She does not look sick. She is hoping to come to Melbourne in January 2018.

Through Nancy's story we can be inspired to fight for a quality of life and to reflect on our health. Truly, time and health are two precious assets that we don't recognize and appreciate until they have been depleted.

Stuart

On to Conference 2018 Bendigo Fri 2nd – Sun 4th March

I went to the Conference launch on Sat 7th Oct at the Baseball Club rooms in Box Hill at 10am. A well catered event!

Conference starts Fri lunch time and a **free lunch** is being provided for all **first-time attendees** from 11:30am - a new innovation. Other innovations are about pricing. It is \$360 pp but they are having a Saturday only cost of \$230 (inc Gala dinner) and a Gala dinner only at \$120. The theme for the gala dinner is "Jailhouse Rock".

The RIPPR is Per Høyen from Denmark who was the Treasurer for the year 2015-16.

There is no early bird discount as the Conference launch is much later this year. There will be the usual Foundation Cocktail Party on Fri at 5:30pm open to all who have been donors to the Foundation and Club dinners are also Fri evening.

Speakers announced so far are

Sarah Brown, Nurse of the Year and CEO of Western Desert Dialysis

Noel Pearson, Indigenous lawyer, activist etc etc

Beth Wilson, Health Complaints Commissioner 1997-2012

Cathy Roth, who started Professionals with Alzheimers when her surgeon husband developed early onset Alzheimers

Prof Eoin Killackey, National Centre of Excellence in Youth Mental Health

Tom Gleisner, writer/producer/comedian Founder of Learning for Life Autism Centre

Brendan Foran CEO of Greening Australia

PP Jordan Fallon, president of Rotary Club of Kurri Kurri NSW at **19 yrs old**. He has a focus on Youth Suicide and attended the recent Future Leaders Seminar in Darwin.

There are other speakers who will be announced soon.

Ron Brooks

Whitehorse Farmers' Market Report

Sunday 8th October 2017

A mild October day dawned with a few spots of rain at 7am and again at 9am and the last day of the school holidays, and so the number of visitors was a little light on, with people requiring egg and bacon being a little fewer than normal. However, the takings were only fractionally lighter than usual. Our financial figures were as follows:

Stallholders	\$3610.00
Donations at gates	\$1268.30
Eggs and bacon stall	\$347.30
Total	\$5225.60

Our club manned the egg and bacon stall and I must thank all of the helpers, being Sue Ballard, Bob and Judy Laslett, Bill and Judy Marsh, John and Marg McPhee, Bob and Barb Williams, Stuart Williams, Christine Stott and Cathie Hart, who all did a marvellous job of either cooking, serving food, collecting money and maintaining a situation that would keep any wandering health food inspectors happy – no, I don't think they are ever happy. Let us say satisfied.

Warwick Stott

Footy Quiz 2017 Answers

1. Justin Kosinsky (ex-Saint) said to a player who achieved the 300 game milestone this year. "You have a head that looks like an /Dwayne Beams unwrapped MINTIE" Who was he describing? **Bob Murphy**
2. Which two footballers to have won the Brownlow in their first VFL/AFL season? **Haydn Bunton Snr, Brad Hardie**
3. What was "the Kermit suit" that footballers wore from 2011- 2015? **The GREEN Interchange Vest**
4. Which 2 Collingwood players had 30 plus disposals in 8 consecutive matches in 2012. **Dane Swan / Dayne Beams**
5. Who is the oldest player to play in a premierships – Kevin Bartlett, Shaun Burgoyne, Michael Tuck. **Michael Tuck -38yrs 95 days -1991 GF**
6. Two brothers playing interstate are the best things to come out of Beaufort since gold was discovered in 1852. Who are they? **Matt and Brad Crouch -Adelaide**
7. Who has played the most AFL games in Number 31? **Dustin Fletcher Ess**
8. Now a retired premierships coach, I played the most games before making my first Grand Final appearance. Who am I? **Paul Roos – played his 314th game in 1996 GF**
9. Who has played the most games for the GWS Giants? (and the answer is not –who cares.) **Callum Ward**
10. Which two teams hold the record for the biggest crowd at a VFL/AFL final? **Carlton and Collingwood -1970 GF (121,686)**
11. Who is the shortest? Gary Ablett Snr, Matt Renshaw, Venus Williams or Adam Scott? **Adam Scott – 183 cm.**
12. Who was best on ground in AFLW – Vic v All Stars game? **Daisy Pearce**
13. Who kicked the goal after the siren to win the elimination final? **Luke Shuey (WC)**
14. Which current AFL player has played the most games without playing in a final? **Lynden Dunn (182)**
15. Which TWO greats have kicked the most goals in a Grand Final? **Gordon Coventry (1928), Gary Ablett Snr (1989)**
16. Name 3 AFL players whose family name starts with the letter Z? **Dayne Zorko, David Zaharakis, Jack Ziebell**
17. Which was the first non- Victorian team to win an AFL premierships? **West Coast Eagles**
18. Which AFL club has not played in a final? **Gold Coast Suns**
19. The first Grand Final without a Victorian team in it was played between? **2004 Pt Adelaide v Brisbane**
20. Which team is suffering the longest premierships drought? **Melb since 1964 – 1184 games**

ROTARY MONTHLY THEMES

October

Economic and Community Development

November

The Rotary Foundation

ARTICLES

Newsletter articles to rlaslett76@gmail.com.au by 5 pm Wednesday please.