



# The Camberwell Bulletin



**THE 5  
AVENUES OF  
SERVICE  
CLUB  
INTERNATIONAL  
COMMUNITY  
VOCATIONAL  
NEW  
GENERATIONS**

**Next Week  
Wed 19 Oct.  
Patrick Docherty  
"Member Behind the Badge"  
Chair Nick Pane**



## **FUTURE MEETINGS**

- Wed 26 Oct Gabriel Gate Eastern Golf Club " Eating Well .....French Style" Chair Gordon Duxbury
- Wed 02 Nov Fellowship Evening "St Katherine's Restaurant"
- Wed 09 Nov Winston Marsh " Marketing Business Rotary Membership " Chair Mark Hassed
- Wed 16 Nov Sam Ginsberg "Hands on Health - reaching out to the disadvantaged" Chair Don Jago
- Wed 23 Nov Foodbank Visit "Foodbank Vic 4/2 Somerville Road Yarraville" Chair Fabienne Nichola
- Wed 30 Nov Andrew Leniart "Computer Tips and Traps, Do's and Don't's" Chair John DeCarro
- Wed 7 Dec

## **MEETING ROSTER**

October: Vocational Service Month

Desk	Desk	Badge	Bar
Ron Reed	Neil Hookey	Patrick Docherty	Joseph Orlando

November: Rotary Foundation Month

Desk	Desk	Badge	Bar
Richard Stewart	Nick Pane	Michael Blood	John De Carro

**IF UNAVAILABLE PLEASE ORGANISE YOUR REPLACEMENT**

### **STOP PRESS**

#### **GETAWAY MINI GOLF COURSE NEEDS 40 PUTTERS**



The Rotary Club of Keilor (who are visiting us on 26 October- Gabriel Gaté night) seek the donation of Putters for a new Camp Getaway 9 hole mini Golf course. They say they need about 40 old useable putters. If you can help, please contact Russell Atkins [russell1807@bigpond.com](mailto:russell1807@bigpond.com) / 0438 563 159. Thanks! David Baker

**Club Meets  
Wednesdays 6.15 for 6.30  
Canterbury Centre, 2 Rochester Road  
Canterbury**

**President: David Baker  
Secretary: Richard Gray  
Treasurer: : Loreto Resubal**

**Apologies—Bookings  
Alan Lorenzini  
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## BAKER'S DELIGHT

### "WHAT A HUGE WEEK IN FOOTBALL..."



Apologies for the 'Eddie-ism' (as in Maguire). But, perhaps more appropriate... "What a huge few months in Rotary coming up." Take last night's **Club Forum** under the well oiled Chairmanship of PE Peter Allen. A 'blow by blow update on the 2012 Art Show left us in no doubt that things are pretty well on track for a belter of an Art Show back in "Boroondara.'

#### **Art Show Chairman Graeme Hope summarised things as follows:**

Smaller number of paintings at Hawthorn Town Hall. Brand new electronic system for digital entry of paintings. Club will assist artists with new entry process.

Up to 5 digital paintings can be entered. Paintings will be initially 'judged' either IN or OUT. All IN's will be hung. Limited space at Hawthorn Town Hall so no 'back room' for hundreds of OUT's. What we have...we'll hang. Aim is to raise \$\$\$\$\$!

Art Show will be open for 8.5 selling days compared to 4.5 at Caulfield Racecourse.

Around 3,500 patrons at Caulfield. Expect significant increase in number of patrons at Hawthorn and for sales and surplus to reflect this. Everyone is optimistic.

New dedicated Art Show website to be launched soon. Parking issues being addressed.

Warwick Heil has been doing a great job with sponsorship.

2012 Art Show public days: Saturday 24 March - Saturday 31 March.

Opening & Preview Night- Friday 23 March.

Well done Graeme and to your hard working Art Show Committee!

### "WHAT A HUGE MONTH OR SO IN ROTARY"



**WED 26 OCT.** Eastern Golf Club. 6.30 for 7pm. **Gabriel Gaté.** (\$25 + Drinks)

*'Eating Well...French Style'* You can always taste a dish that's been cooked by a Frenchman!

Meet renowned French Chef, Gabriel Gaté.

**WED 2 NOV. St Katherines Restaurant. 26 Cotham Rd Kew.**

6.30 for 7pm. Club meeting.

(\$40 members and partners + Drinks) Guests \$50 p/p. This is a Fellowship Committee subsidised meal. St Katherines is headed by acclaimed chefs and long time friends, George Calombaris and Shane Delia. Exclusive Presentation by Chef Shane Delia. Enjoy a scrumptious meal and great fellowship. Club will have dedicated area upstairs.



**NOT TO BE MISSED! Business of Winning Lunch-** (Coach Emeritus) Fri Nov 11- Crown Palladium (Peter Allen)

**City to Sea Fun Run-** Sun 13 Nov. 600 Rotarians required to help staff

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**Bakers Delight**  
We're for real.

Bakers Delight, 377  
Whitehorse Road Balwyn  
Supporting Camberwell

(Continued from page 2)

this event. Earn \$\$ for Rotary (Gary Goldsmith).

**Bunnings BBQ's- Box Hill** Fri 25 Nov & Tues 27 Dec. **Bunnings Hawthorn**- Sun Dec 4.

**Children's Christmas Party**- (Billy Lids, Hawthorn) Sun 11 Dec 2.00-3.30pm \$22 per child.

Gifts to be supplied by family. More details soon (Nick Pane)

**Club Christmas Party Lunch**- (Kew Golf Club) Sun Dec 18. More details soon (Nick Pane)

**District 9800 Conference** – 9-12<sup>th</sup> March at the Melb. Conference Centre. Watch this space!

**FINALLY.....**Bon Voyage **David & Sue Loftus** heading OS to Spain for a month. Thank you **John Phillips** and **Don Jago** for selling 'pins' for the Epilepsy Foundation of Victoria at Caulfield Racecourse.

Welcome **Kerryn Dixon-Rowe** who visited our Club for a 2<sup>nd</sup> time. And nice to see our newest member

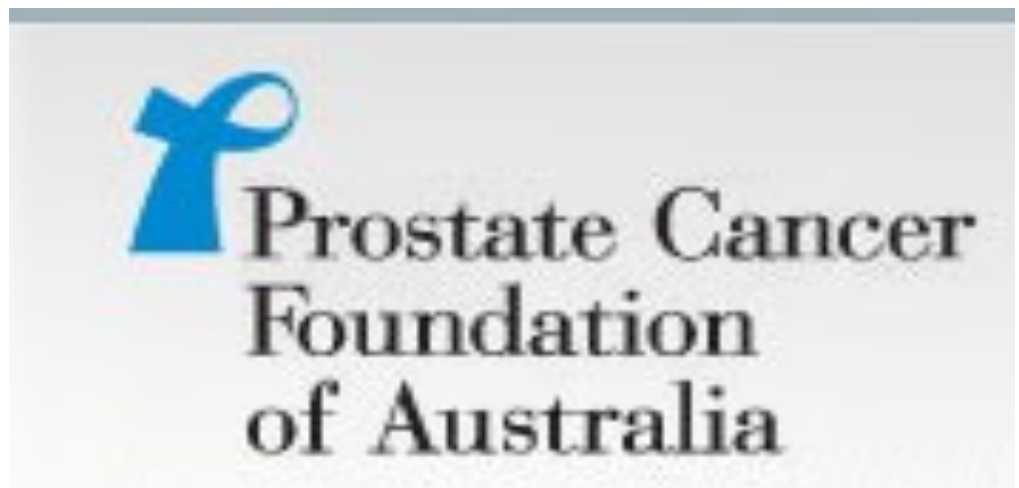
**Sassi Satharajah** at last night's Meeting. And good luck to Art Show major sponsor **Bendigo**

**Community Bank** who'll soon open their 5<sup>th</sup> branch in Whitehorse Road Balwyn (just near Wespac!).

Happy 70th **Peter Matthews!**

**Participate and Enjoy your Week in Rotary. David Baker** (and Margret) ♦

As many, or all, of you will have noticed, the PSA testing debate has heated up again in the media. The immediate reason is statements made by respected cancer epidemiologist, Professor Bruce Armstrong, in an address to the Public Health Association of Australia's annual



conference. Professor Armstrong called for an expert body to be established to make decisions on how a national program of prostate cancer testing should be regulated. This is very significant because Professor Armstrong has previously been a vocal opponent of testing for prostate cancer. He now acknowledges, based on the emerging evidence from the European studies, that PSA testing does reduce deaths from prostate cancer.

It goes without saying that PCFA must speak with one voice on the subject. I wanted to let everyone know our official position and what is going on behind the scenes.

First, we welcome Professor Armstrong's comments. Currently 20% of men aged between 45 and 74 are tested every year. The lack of uniform guidance from the medical profession on who should be tested and at what age is very confusing for the community. In addition, there is insufficient decision support for men who have an abnormal test result. Please note that PCFA, in common with USANZ (urologists) and RCPA (pathologists), does not advocate a national screening program, as there is currently insufficient evidence to support that. We do, however, support efforts to accumulate evidence on PSA testing and active surveillance.

We are working collaboratively with USANZ and RCPA to persuade Cancer Australia to convene a round table of all interested parties, including PCFA. The aim of the round table would be to develop a single set of national guidelines on PSA testing.

*(Continued on page 4)*

## **What is the chance for a diagnosis of prostate cancer:**

For a man in his 40s - 1 in 1000

For a man in his 50s - 12 in 1000

For a man in his 60s - 45 in 1000

For a man in his 70s - 80 in 1000

Each year in Australia, close to 3,300 men die of prostate cancer - equal to the number of women who die from breast cancer annually.

Around 20,000 new cases are diagnosed in Australia every year.

Each day about 32 men learn news that they have prostate cancer - tragically one man every three hours will lose his battle against this insidious disease

One in 9 men in Australia will develop prostate cancer in their lifetime

Prostate cancer is the most common cancer in Australian men and is the second most common cause of cancer deaths in men

As many men die from prostate cancer as women die from breast cancer but... a national survey by PCFA in 2002 showed that while 78% of women felt well informed about breast cancer – only 52% of men felt informed about prostate cancer

The chance of developing prostate cancer increases: as men get older.

if there is a family history of prostate cancer e.g. a man with a father or brother diagnosed with prostate cancer

Early, curable prostate cancer may not have symptoms. While younger men are less likely to be diagnosed with it, they are more likely to die prematurely from it

Simple testing by a GP can indicate prostate cancer

Early detection can be achieved with PSA (Prostate Specific Antigen) blood test or DRE (Digital Rectal Examination) testing. Our research in 2002 shows that only 10% of men surveyed between the ages of 50 and 70 had taken these tests in the previous year.

Some groups are at greater risk of prostate cancer

... for example, for every 100 men who dies of prostate cancer in a metropolitan area of Australia (such as Melbourne or Sydney) 121 men will die in rural Australia. Various factors may include lack of awareness and education about prostate cancer, distance from testing and treatment, poor GP awareness and limited access to specialists (such as urologists)

The Vietnam Veterans Association of Australia states that veterans have a 53% higher mortality rate from prostate cancer than the average population

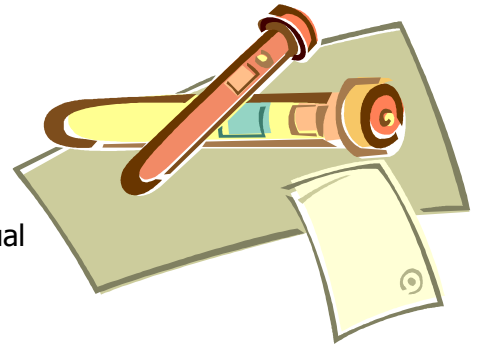
A recently published international study showed that fire-fighters have a 28% higher risk of prostate cancer

## **What is Prostate Cancer?**

Prostate cancer is an abnormal growth of cells in the prostate that form a lump (tumour). In time, without treatment, it may spread to other organs, particularly the bones and lymph nodes, which can be life threatening. Generally at the early and potentially curable stage, prostate cancer does not have obvious symptoms. This makes it different from other benign prostate disorders, which may result in urinary symptoms.

## **What are the symptoms of prostate cancer?**

In the early stages of prostate cancer, there may be no symptoms at all. As prostate cancer develops, symptoms can include the need to urinate frequently, particularly at night, sudden urges to urinate, difficulty in starting urine flow, a slow, interrupted flow and dribbling afterwards, pain during urination or blood in the urine or semen. NOTE: It is important to note that these symptoms are not always signs of prostate cancer.



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They can also be symptoms of other common and non-life threatening prostate disorders. Men who experience these symptoms should see their doctor immediately, to determine the cause and best treatment.

### **What testing methods are available?**

There is currently no population based screening for prostate cancer and this leads to confusion amongst men and their doctors. There are issues related to testing and treatment which should be discussed prior to making a decision whether to be tested. For more information go to: [www.prostate.org.au/testing-for-prostate-cancer.php](http://www.prostate.org.au/testing-for-prostate-cancer.php)

Two simple tests can be done by a doctor.:

- The Digital Rectal Examination (DRE). The doctor inserts a gloved finger into the rectum to feel the prostate gland. This may detect hard lumps in the prostate before symptoms occur
- The Prostate Specific Antigen (PSA) blood test. This test measures the amount of PSA in the blood. PSA blood test is not a cancer specific diagnostic test however it will alert doctors to abnormal growth in the prostate. A combination of both a DRE and PSA blood test is recommended. These tests should be considered as part of a general male health check annually from 50 years of age or 40 if there is a family history of prostate cancer. If either the DRE or PSA tests are abnormal, the doctor may conduct a second series of tests or refer to a Urologist, who may recommend a biopsy. The biopsy is a definitive way of diagnosing prostate cancer and will determine the stage (how far the cancer has spread) and grade (how rapidly it is likely to spread). This information is used to determine the risk the cancer poses to the man's health and life expectancy.



NOTE: Prostate Cancer Foundation of Australia (PCFA) research indicates that most men who have had the DRE test said it was a simple, painless exercise.

### **Who should be aware of prostate cancer and what should they do?**

It is recommended that men aged 50 and over should talk to their doctor about prostate cancer and if they decide to be tested, to do so annually. If there is a family history of prostate cancer; men should talk to their doctor from the age of 40.

### **What is the overall risk of developing prostate cancer?**

A man has a 1 in 5 risk of developing prostate cancer by the age of 85\* A man with a first-degree relative who has been diagnosed with prostate cancer (brother or father) has at least twice the risk. Men in rural and regional Australia have a 21% higher prostate cancer mortality rate than men in capital cities\*\*.

(\*Australia Institute of Health and Welfare (AIHW) Cancer in Australia: an overview, 2008. AIHW cat.no. CAN 42. \*\*Michael D Coory and Peter D Baade. Medical Journal of Australia 2005; 182 (3): 112-115.

Urban-rural differences in prostate cancer mortality, radical prostatectomy and prostate-specific antigen testing in Australia.) This article was recommended by Jon Oppy thank's Jon. ♦



### **EXERCISE FOR PEOPLE OVER 50**

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight out for more than a full minute.

**(I'm at this level.)** After you feel confident at that level, put a potato in each bag. ♦

## PUBLIC IS AWARE OF ROTARY, BUT UNSURE OF WHAT WE DO

Pauline Leung, Rotary public image coordinator from Taiwan, says it's important for Rotarians to promote a consistent message. A public image survey conducted by RI in 2010 indicates that many people know about Rotary, but not necessarily what the organization does.

### **Rotary Images**

Do your friends and co-workers know that you're a Rotarian? Do you tell acquaintances about your club's good works in the community or internationally?

Did you know that talking about your involvement in Rotary could significantly enhance the organization's image and boost public awareness? It's up to every Rotarian to tell the world what Rotary is and does.

According to a public image survey commissioned by Rotary International in 2010, people are much more likely to know about Rotary and perceive it positively as a charitable organization if they personally know a Rotarian. The finding is just one of many that could shape how clubs and districts promote Rotary in their communities.

RI commissioned the survey of 1,000 individuals in each of six countries -- Argentina, Australia, Germany, Japan, South Africa, and the United States -- to gauge the general public's awareness and perception of the organization. The results are consistent with those of a similar survey conducted in 2006: While respondents had heard of Rotary, they did not know much about what it does.

Building familiarity is not easy, says Pauline Leung, Rotary public image general coordinator. "Sometimes Rotarians are doing too many things and can get people confused about Rotary. We must have consistency when promoting the image of Rotary. Rotarians should receive training so they can clearly express our position, our vision, our values, and our areas of focus."

High awareness, low familiarity

The survey showed that awareness of Rotary varies from country to country, and culture to culture. Of the six countries surveyed, Australia had the highest proportion of respondents who said they were aware of Rotary (95 percent), while Germany had the lowest (34 percent).

But awareness of Rotary doesn't necessarily translate into familiarity with what it does. While almost everyone in Australia indicated an awareness of Rotary, only 35 percent of respondents said they had some familiarity with the organization. In South Africa, where 80 percent of respondents indicated they were aware of Rotary, only 23 percent said they had some familiarity with what it does.

The survey report concluded that public image efforts will need to be tailored to each country. It also noted that boosting awareness alone will not be enough to get the public to readily associate Rotary with good works, or to generate greater community involvement.

The survey further concluded that demographics play a significant role in whether people have heard of Rotary. The survey included a cross section of each country's population by age, gender, income level, and education level. In Japan, 67 percent of respondents age 40 or older said they had heard of Rotary, compared to only 38 percent of those younger than 40. In Argentina, 63 percent of the highest income bracket had heard of Rotary, while only 20 percent of the lowest income bracket had. The report concluded that clubs may need to gain a better understanding of what would increase interest among younger professionals.



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## Public perception and giving

The public's view of Rotarians differs somewhat from how Rotarians see themselves. More than 65 percent of respondents viewed Rotarians as charitable, respected, and caring. But only 26 percent selected the attribute women to describe Rotary, while more than 50 percent associated the organization with men. In other questions, more respondents said they associated club membership with men than with women. The survey concluded that Rotary is still being seen as a male-dominated organization. Work needs to be directed toward communicating opportunities for women to join.



Interest in contributing time or money to a Rotary club varied by nation. Interest was highest in South Africa, at 49 percent, and lowest in Japan, at 10 percent. The survey report concluded that because interest in contributing money varies by nation, Rotarians need to tailor marketing efforts to reflect local club initiatives.

The public's interest in joining a Rotary club is low. Among the countries surveyed, an average of only 16 percent of respondents said they would be likely to join a local Rotary club. More than 59 percent said they would be unlikely to join. In the United States, women were half as likely as men to report interest in joining. ♦

## ROTARY CLUB OF CAMBERWELL

### DONATES DICTIONARIES TO ALLYEAR 3&4 STUDENTS

Don Jago from Camberwell Rotary Club presented all Year 3 & 4 students with an Usborne Illustrated Dictionary. These books were generously donated by Rotary so that the children will always have access to a resource that will assist them to read and write. Rotary's purpose is to provide opportunities for service and fellowship which



is reflected in their motto 'Service above Self'. Don spoke to the students about the commitment to literacy by Rotarians and that if you can read and write then you have the opportunity to always have access to the make wonderful things around you.

### A LETTER WRITTEN TO DON JAGO FROM CATHERINE HYNES

Dear Mr Jago and the other members of the Camberwell Rotary Club,  
Thank you so much for the beautiful dictionaries that you kindly donated to my school. The dictionaries are great. They explain things so well, with words, and diagrams! All the Year threes and all the year fours think the dictionaries are amazing and will always treasure these great literacy requirements. Thank you for spending some of your precious time teaching my school about Rotary, the many benefits of Rotary, Polio, preventing Polio and world peace. I hope my school continues a partnership with Rotary. Thank you again,  
From, CG Hynes Catherine Hynes (WELL DONE CATHERINE FOR THIS LOVELY LETTER THAT HAS BEEN POSTED TO DON!) ♦

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Inc

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## LAST MEETING DETAILS

Guests of Members

Visiting Rotarians:

Apologies:  
Anderson Angus  
Campbell Davies  
Farmer Feder  
Fotheringham Goldsmith  
Heil Leigh Mullins  
Nichola Resubal Day

Make Ups:

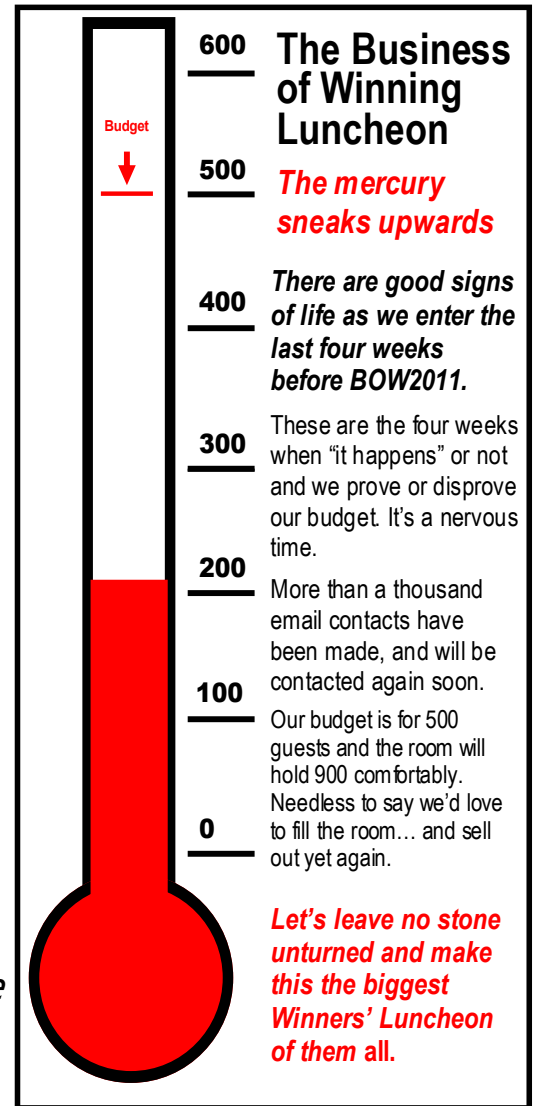
Raffle Winner:

Tim Landsberg ??



## QUOTE OF THE WEEK

*"Discretion is knowing  
how to hide that which we  
cannot remedy."*  
[Spanish Proverb]



Almoners Notes :



Harper Lily-Rae Lawson  
7pound 10 — 6Th. Great  
grand child to the Connell's.!!

(e.g)  
.....000-[]-000.....

Last week's puzzle

"The Numbers were in alphabetic order.

This weeks puzzle

Tom's mother has three children. One is named April, one is named May. What is the third one named?

### VALE- TREVOR PENRY, CHARTER MEMBER & PAST PRESIDENT- ROTARY CLUB OF BALWYN



It is with sadness that I inform the Club of the sudden passing of Trevor Penry, Rotary Club of Balwyn. Trevor was a major contributor to the Club over 39 years with PHF (2 Sapphires) recognition.

Our condolences are extended Trevor's family.

Birthdays

Peter Matthews Oct 16  
Trish O'Hara Oct 16

Club Anniversaries

Colin Gould Oct 15 3 years

Wedding Anniversaries

Jeevan & Leena Vasimalla Oct 17