



Official Bulletin of:  
ROTARY CLUB OF SASKATOON MEEWASIN #22664

8B -3110 8th St East, Box 425 S7H 0W2  
Founded: April 23, 1985  
Meetings: Monday 0700



December 19, 2022

**Disease Prevention and Treatment Month**

**Rotary: Making a Difference**

**District Governor (5550):** Fred Wright

**President:** Art Postle, Garth Courtney

**Pres Elect:** Luis Pagliarini

**Secretary:** Garth Courtney

**Past President:** Tom Geenen

**Treasurers:** Art Postle

**Sergeant:** Ron Loopkey

**Desk:** Garth/Art

**Service Above Self**

**DUES AND OTHER PAYMENTS TO THE CLUB**

- E-mail Transfer from Bank Account
  - Send to Meewasin Rotary Club using the email: [meewasinrotary2020@gmail.com](mailto:meewasinrotary2020@gmail.com)

**DONATIONS TO THE FOUNDATION**

**E.G., Fines, Donations In Lieu Of Meeting Expense**

- E-mail Transfer from Bank Account
  - Send to Rowasin Foundation using the email: [rowasin2020@gmail.com](mailto:rowasin2020@gmail.com)

**Payment by Credit Card** (For either Meeting Expenses or Fines/Donations)

- For a credit card payment contact Art Postle ([postle@sasktel.net](mailto:postle@sasktel.net)).

**Rotary Meeting**

**ZOOM – Meewasin Rotary Club**

<https://us02web.zoom.us/j/83624852636?pwd=MjRlRkY2FkZWIRmRW9Cd2NKRHlSWHlvQT09>

**Queen's House**

601 Taylor Street West

<https://us02web.zoom.us/j/87214323627>

Meeting ID: 872 1432 3627

One tap mobile

+16473744685,,87214323627# Canada

+16475580588,,87214323627# Canada

If you have problems getting on Zoom call Garth at 306 229-3965 or Art P at 306 227-3013

**Call to Order:** The Chair opened the meeting at 0700, or thereabouts.

**Attendance:** There were 14 dedicated members who enjoyed a morning of fellowship with their fellow Rotarians and guests.

**Guests:** No guests



The Sergeant raised funds for the following real or imagined offences: For not standing for O'Canada; For not knowing who was sergeant; For wearing a tie; For not assisting to organize the January program.



**Happy and Sad Dollars:** Ron for the great Xmas celebration last week; Garth for a wonderful Cantata; Anne for attending a performance at the Theatre and for watching grandson play hockey, and for ringing bells with him; Art for grand children's Christmas performance of grandchildren and other children; John for interesting kitchen renovations and for fence issues at the cottage, and for having to have Tesla in from the lake; Peter for daughter returning from school in the US; Don for ???; Garth for young moose visit to his front yard yesterday.

## Announcements

### 1) SASKATOON FOOD BANK

- a) Next Opportunities:
  - i) Saturday, January 7, 0900-1200 – Volunteers needed.
  - ii) Saturday, January 21, 0900-1200 – Volunteers needed.
- b) Contact Rob Jasper to Volunteer [--rob.jaspar@shaw.ca](mailto:rob.jaspar@shaw.ca)
- c) We need 10 volunteers - Friends and family welcome

### 2) Invitation: RAP Annual Meeting

- a) All Rotarians are invited to the RAP Annual Meeting
- b) Date: Thursday, January 26, 2023
- c) Time: 4:30 PM Program, 5:00 PM AGM
- d) Place: Greenbryre Golf & Country Club Prairie View Rd, Saskatoon, SK

### 3) EDADZ BACKPACK Drop Off



- a) You can Drop off items at John Benesh's Office.
- b) There is a Box in the reception area
- c) Any bag is OK, not just back packs.
- d) You may bring the backpacks to the meeting to give to John B.

### 4) Cell Phones

- a) John Benesh is collecting smart phones for the Mother and Baby centre. They will be used by mothers for appointments, etc.
- b) Drop off at Benesh, Bitz and company – Quebec Avenue.

**5) 2023 Badge Shield and Star Dinner**

- a) Mark our Calendars
- b) Date: April 20, 2023 @ 5:30 pm
- c) Location: Prairieland Park
- d) Tickets: Go to:

<https://www.canadahelps.org/en/charities/rap-saskatoon/events/2023-rotary-badge-shield-star-dinner/>

**6) Fines to Queens House**

- a) Art Postle announced that the cash fines (about \$200) would be turned over to Queens house for the use of their technology.

**7) District Grant**

- a) Meewasin got a \$1500 District grant for the Food Bank.
- b) Meewasin qualifies for a District Grant for 2023-2024.

**Club Business**

The Service Committee and Board of Directors approved the following donations for submission for the approval of the members.

**Restorative Action Program (RAP)**

Motion: RAP Donation

Mover/Seconder: John B/Ian S

That the Rotary Club of Saskatoon Meewasin donate \$2000 to the Restorative Action Program (RAP).  
CARRIED

**ShelterBox Canada**

Motion: ShelterBox Canada Donation

Mover/Seconder: Garth/Robert

That the Rotary Club of Saskatoon Meewasin donate \$2400 to ShelterBox Canada. CARRIED

**Presentation**

Art Postle presented Twyla a Merry Christmas gift for the wonderful food ad service over the past year.

**Program**

Les Ferguson provided members with information on his journey with prostate cancer.

The prostate is surrounds the urethra just under the bladder. It produces seminal fluid. He was fine until 2007 when he was unable to urinate. He attended the hospital and had a transurethral resection of the prostate (TURP), which is a surgical procedure that involves cutting away a section of the prostate. It a surgery that is done through the urethra.

His PSA (Prostate specific antigen) was then monitored. Once it reaches 10, they do a biopsy. He has 3 options – surgery and two different therapies. Some of them slow down the progress of the disease. He was scheduled for surgery.. He was two days in the hospital. It took a while for him to get back to his usual routine. They monitored his condition. The tests indicated that the surgery got all the cancer. He had to do exercises to be able to control his bladder and urinary function. Options included a pump, injection and medication. It took some time to get back to normal.

His message is that to make sure you get a PSA and regular rectal exam. A regular PSA establishes the baseline so that they know if there is a dramatic change. The rectal exam may not show a change in the prostate.

He belongs to the Prostate Cancer Support group which meets regularly.

### **Prostate Cancer**

Prostate cancer is the most common cancer among Canadian men (excluding non-melanoma skin cancers). It is the third leading cause of death from cancer in men in Canada.

It is estimated that in 2022:

- 24,600 Canadian men will be diagnosed with prostate cancer. This represents 20% of all new cancer cases in men in 2022.
- 4,600 Canadian men will die from prostate cancer. This represents 10% of all cancer deaths in men in 2022.
- On average, 67 Canadian men will be diagnosed with prostate cancer every day.
- On average, 13 Canadian men will die from prostate cancer every day.

Estimated Canadian prostate cancer statistics (2022)

<b>Category</b>	<b>Males</b>
New cases	24,600
Deaths	4,600
5-year net survival (estimates for 2015 to 2017)	91%

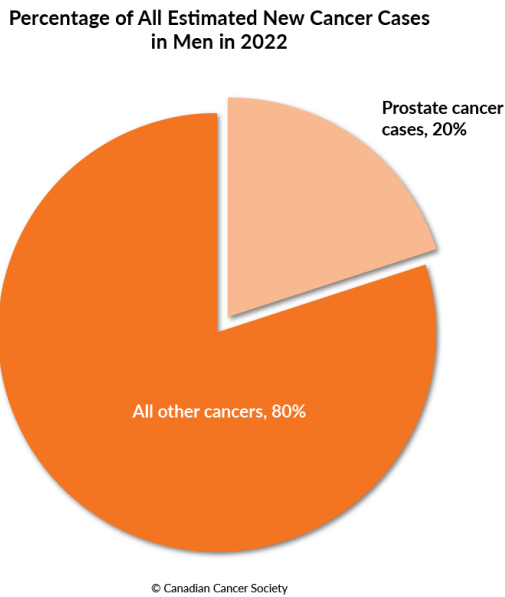


Diagram of the percentage of estimated new prostate cancer cases compared to all other new cancer cases in men in 2022

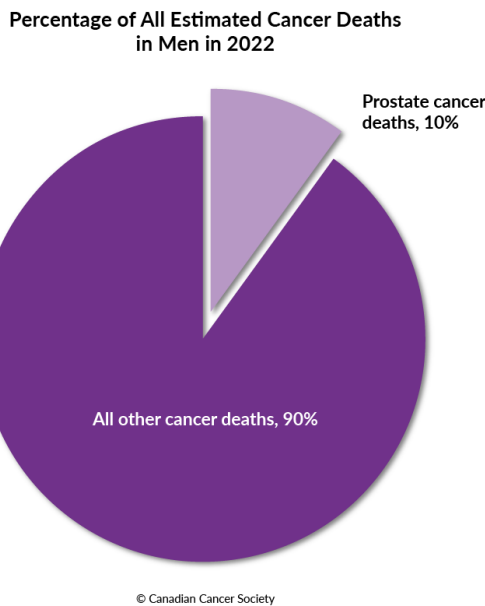


Diagram of the percentage of estimated prostate cancer deaths compared to all other cancer deaths in men in 2022

### Chances (probability) of developing or dying from prostate cancer

It is estimated that about 1 in 8 Canadian men will develop prostate cancer during their lifetime and 1 in 29 will die from it.

### Trends in prostate cancer

In Canada, the rate of new prostate cancer cases peaked in 1993 and again in 2001. Each of these peaks was followed by a decline. The decline was particularly steep between 2011 and 2014 and has since stabilized. The patterns in the rate of new prostate cancer cases largely mirror screening activity using the prostate-specific antigen (PSA) test.

The death rate for prostate cancer has been declining since 1994. The decline likely reflects improved treatment.

### **Prostate-specific antigen (PSA) test**

A prostate-specific antigen (PSA) test measures the amount of PSA in the blood. PSA is a protein made by prostate cells. The prostate is part of the male reproductive and urinary systems. PSA is mostly found in semen, which is also made in the prostate, but small amounts of PSA can also be found in the blood. Higher levels of PSA in the blood can be caused by prostate cancer, among other things.

#### **Why a PSA test is done**

A PSA test may be done to:

- help find prostate cancer early in those who don't have any signs or symptoms of the disease
- check for cancer in those who have signs or symptoms of prostate cancer
- plan treatment for prostate cancer
- monitor those with prostate cancer who are being treated with active surveillance
- find out if prostate cancer treatments are working
- find out if prostate cancer has come back (recurred) after treatment

A PSA test is often used together with a [digital rectal exam \(DRE\)](#) to increase the chance of finding prostate cancer early when it is easier to treat. Using these tests together is better than using either test alone.

#### **Who should have a PSA test**

Make an informed decision about whether the PSA test is right for you by talking with your doctor and considering your risk.

- If you are at average risk of developing prostate cancer, consider testing from age 50.
- If you are at high risk of developing prostate cancer, consider testing from age 45. Black men (including men of African or Caribbean ancestry) and those with a family history of prostate cancer are considered to be at high risk.

Your PSA levels will determine how often you get tested. The decision to stop testing is based on your PSA levels, age and general health.

#### **Benefits and limitations**

Almost every test or procedure has benefits and limitations. Before having any test, it's important to be aware of them so that you're making an informed decision that's right for you. Testing for prostate cancer early – before you have any symptoms – is your choice.

#### **Benefits of PSA testing**

A PSA test can find prostate cancer early, before it grows large or spreads outside of the prostate. Finding cancer early can mean that treatments will be more successful.

#### **Limitations**

PSA testing has the following limitations.

**A false-positive result** on a PSA test suggests that you might have prostate cancer when you actually don't. This happens quite often with PSA testing and only about 1 in 4 abnormal results is due to cancer. A false-

positive result can lead to unnecessary testing that is more invasive, such as repeated biopsies. It can also cause you and your family unnecessary anxiety and distress.

**A false-negative result** means that the test shows that the PSA level is normal even though prostate cancer is present. Not all prostate cancers cause a high PSA level. PSA testing misses about 15% of prostate cancers.

**Overdiagnosis** means diagnosing prostate cancer that would never pose a serious threat to your health. Overdiagnosis can lead to having treatments that aren't necessary (called overtreatment). Research shows that 23% to 42% of prostate cancers that are found with PSA testing may never need to be treated. But most men diagnosed with prostate cancer still choose to have treatment. Unnecessary testing and treatment put you at risk for side effects, including erectile dysfunction and loss of bladder control (called urinary incontinence). Although PSA testing may find prostate cancer early, research has shown that it still may not reduce the chance of dying from prostate cancer.

**How a PSA test is done**

A PSA test is a blood test that is done in a lab or hospital. Many things can affect PSA levels including ejaculation, riding a bike, certain medical procedures involving the prostate and certain medicines or herbs. Your doctor will give you instructions for how to prepare for your PSA test. Certain drugs can lower PSA levels and affect your results. Tell your doctor if you are taking drugs for benign prostatic hyperplasia (BPH), prostatitis, urinary problems, baldness or transgender hormone therapy.

**Upcoming Meetings**

Date	Speaker and Topic
<b>December</b>	<b>Disease Prevention and Treatment</b>
19	Les Ferguson, Prostate Cancer
26	No Meeting. Wishing you and your family a Merry Christmas.
<b>January</b>	<b>Vocational Service Presentations: Luis Pagliarini/ Peter Voldeng, Murray McArthur</b>
2	No Meeting. Happy New Year
9	Club Assembly
16	TBD
23	TBD
30	TBD

**Events**

Date	Event	Rotary Club	Information/Contact
Dec 12 – 5:30 pm	Social Gathering	Meewasin	\$25 per person
April 20, 2022, 5:30 PM	Badge, Shield and Star Dinner, Prairieland Park, Saskatoon	RAP	\$125 per ticket \$1000 for table of 8

**Welcome Song**

We welcome you today  
Good fellowship 'twill be  
We're glad you chose to begin your day  
With Meewasin Rotary

We hope that you will return  
And join with us again  
Fellowship at breakfast time  
With Meewasin Rotary

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### **4-WAY TEST**

Is it the Truth?  
Is it Fair to all concerned?  
Will it build Goodwill and Better Friendships?  
Will it be Beneficial to all concerned?

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### **ROTARY GRACE**

O Lord and giver of all good  
We thank you for our daily food  
May Rotary friends and Rotary ways  
Help us to serve Thee all our days

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## **COMMITTEES FOR 2022-2023**

### **Administration—Meeting administration (program, facilities, meals, supplies)**

Courtney (Chair and Club Secretary), Postle (Club Treasurer), Pagliarini (Incoming President)

### **Foundation—Foundation donations, member recognition**

Bailey (Chair), Fisher, Wilson, Birkmaier

### **Indigenous Relations—In support of a District 5550 initiative**

Nair, Ferguson

### **Literacy—In support of a Rotary International initiative**

Postle (Chair), Stefiuk, Berscheid, Clements

### **Membership—Membership recruitment, engagement, and retention**

Club members as a whole

### **Public Relations—Club and event promotion, communications, website management**

Luross (Chair and Website Administrator), Whetstone (Eyeopener Editor), Loopkey, Geenen

### **Service—Club charitable giving, foundation grant applications**

Benesh (Chair), Sutherland, Howland, Nancy Luross, Anne Luross, Tenaski, Muir

### **Youth—Youth exchanges, adventure programs, school programs**

Voldeng (Chair), Klause, Kessler, McArthur



## Officers and Directors – 2022-2023

### **Board Executive/Officers:**

President: Garth Courtney, Art Postle  
Past President Tom Geenen  
President Elect Luis Pagliarini  
Treasurer Art Postle  
Secretary Garth Courtney  
Ass't Secretary

### **Directors:**

John Benesh  
Peter Voldeng  
Glen Bailey  
John Luross

## Monthly Speaker / Program - Members in Charge

*"Rotary Connects the World"*

Listed below are the Theme months and the Committee Chair for each month.

July - Not assigned – New Rotary Leadership  
August – Not assigned - Membership and New Club Development  
September - Art Postle - Education and Literacy  
October - John Luross - Economic and Community Development  
November – Glen Bailey – Rotary Foundation  
December – John Benesh - Disease Prevention and Treatment  
January – Luis Pagliarini/ Peter Voldeng - Vocational Service  
February – Glen Bailey – Peace and Conflict Prevention  
March – John Benesh – Water and Sanitation  
April – Garth Courtney – Maternal and Child Care  
May – Peter Voldeng – Youth  
June – John Luross – Rotary Fellowship