



Rotary  
Lakes Entrance



CLUB No. 18406  
DISTRICT 9815  
CHARTERED 1959  
ABN 34 766 344 882

## THE ROTARY CLUB OF LAKES ENTRANCE

**BULLETIN No. 6 of 2024/2025 DATE : 12 SEPTEMBER 2024**

PRESIDENT ROTARY INTERNATIONAL: STEPHANIE A. URCHICK

DISTRICT 9815 GOVERNOR: COLIN BYRON

DISTRICT 9815 GIPPSLAND REGIONAL COMMUNITY GROUP

GIPPSLAND REGIONAL COMMUNITY GROUP LEADER: BILL DEGNAN

CLUB PRESIDENT: BERNARD ABRECHT

PAST PRESIDENT: SANDY YEATS

CLUB SECRETARY: PETER SINDREY

ASSISTANT SECRETARY: PETER MCCORMICK

CLUB TREASURER: JEFF WILSON

SERGEANT-AT-ARMS: KEN MCALPINE

ROTARY FOUNDATION: BRUCE HURLEY

PROGRAM COORDINATOR: SANDY YEATS

MEMBER LIAISON: LESLEY MACKENZIE

YOUTH SERVICES: JEFF WILSON

### MEETINGS:

CENTRAL HOTEL  
231 THE ESPLANADE  
LAKES ENTRANCE  
CLUB MEETINGS AT  
5:30PM 2<sup>ND</sup> & 4<sup>TH</sup>  
WEDNESDAY  
EACH MONTH

### CONTACTS:

MEETING ATTENDANCE: LESLEY MACKENZIE 0419 871 197

ENQUIRIES: BERNARD ABRECHT 0407 903 229

***IF YOU ARE ATTENDING A MEETING, YOU MUST ADVISE LESLEY  
IN ADVANCE IN ORDER TO ALLOW SEATING ARRANGEMENTS.***

POSTAL : PO Box 260 LAKES ENTRANCE, VICTORIA 3909

EMAIL: [info@lakesentrancerotary.org.au](mailto:info@lakesentrancerotary.org.au)

WEBSITE: [lakesentrancerotary.org.au](http://lakesentrancerotary.org.au)

## PRESIDENT BERNARD'S BRIEFING



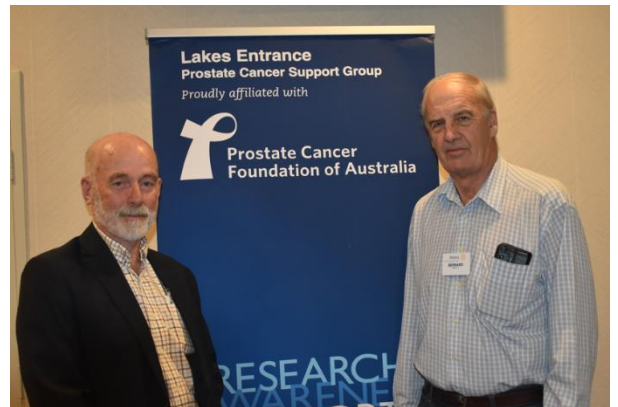
Greetings Rotarians. Another night of fun at the Central Hotel with lots in attendance, despite the sudden rainfall.

Earlier tonight, the Club held its monthly Board Meeting. We reviewed Sandy's detailed plans for our program for the remainder of 2024 – great work Sandy – and we developed (further) some Projects such as the Rotary Lakes Entrance Outstanding Volunteers Awards and upgrades to Rotary signage in town. More details of these activities will follow shortly.

A reminder that the Community Expo for Lakes Entrance has been arranged by the Lions Club for Sunday 6 October in the Mechanics Hall, commencing at 10AM. Our Club will have a table to talk to prospective members. Please join us to help in recruiting new members.

Our speaker tonight provided a very thoughtful presentation on Prostate Cancer.

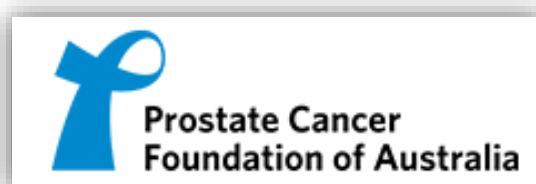
Moss Mahony is the Group Leader of the Lakes Entrance Prostate Cancer Support Group. From extensive experience with Prostate Cancer, Moss offered valuable insight, and advice on how to minimise the risks that claim so many men in Australia, including in our own region.



He provided excellent information on how to detect early signs of trouble and gave us two vital suggestions for men to follow:

- Firstly, early detection of Prostate Cancer can be provided by seeking a blood test and, specifically, ensuring that the doctor includes a test of the level of prostate-specific antigen (PSA) in the blood. At times doctors do not stipulate a PSA test as part of regular testing.
- Then, once a PSA is tested, it is vital that the results are documented in medical records for comparison with subsequent results.

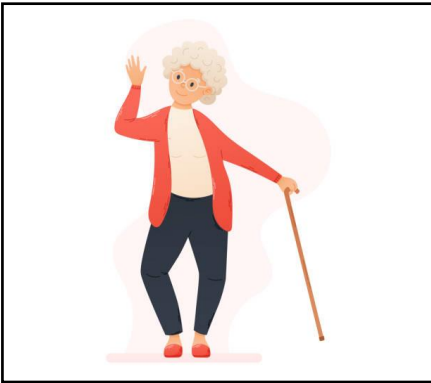
Our thanks to Moss for his dedication, and his presentation. Further information is attached to this Bulletin.



# THE ROTARY FOUNDATION

Total all-up contributions to date, from the Rotary Club of Lakes Entrance  
To the Rotary Foundation:  
**AU\$80,288**

## WELCOME BACK HOME EILEEN



Eileen is now back home after treatment for a knee injury. Good to see you again Eileen, after a few weeks.

She is planning to join us at Wyanga for the footy night.



## ROTARY COMMUNITY GROUPS

Bill Degnan, our Rotary Community Leader, held a forum early this month at Centenary House, where he invited representatives from each of the 13 Clubs in our new community. Peter attended for our Club.

One matter we all discussed was that being called “Regional Community Group 7” was a vague title. We all agreed that a better description was  
“Rotary Gippsland Community Group”

We also felt that many activities would better be served in smaller sub-groups and our sub-group would be the six Clubs in East Gippsland – three in Bairnsdale, Lakes Entrance, Orbost and the eClub.

## ANOTHER BUNNINGS BBQ

Our next date to manage the BBQ at Bunnings, Bairnsdale will be on Sunday 17 November 2024.

We know that these BBQ give us the opportunity to acquire much needed funding for our Projects. So, we will be looking for volunteers to assist on the day. Please make Sandy aware if you can help.





# JEMMY'S POINT FACILITY OFFICIALLY OPENED

On 4 September, the redeveloped Jemmy's Point facility was officially opened and our Club was well represented at the ceremony.



## **A SALUTE TO THE ROTARY CLUB OF TACOMA # 8, WASHINGTON USA**

Recently Peter made contact with the President of the Rotary Club of Tacoma # 8 in Washington State. The message to Tacoma was that we invited them to toast the health of Rotary in Lakes Entrance, Australia. In turn, we would toast the health of Rotary in Tacoma, Washington USA.

Peter was delighted to receive a response from President Chris Serface, with a photograph of their Club toasting Lakes Entrance.



Peter chose Tacoma blindly, as he had worked in the Tacoma/Seattle area for some months many years ago. However, when hearing from President Chris, and reading about their Club, Peter found they were an extraordinary group:

- The # 8 in their Club name was there because Tacoma with only the eighth Rotary Club in the world to be created.
- What an honour to hold such a distinction.
- It was formed in 1910 and has 200 members.
- Annual disbursements include US\$50,000 in scholarships and US\$108,000 in community donations.
- A wonderful Club making such a huge contribution to humanity.

Peter wrote back and, in part, explained the importance of the AFL Grand Final to Australians. He promised to send a photograph of us all at the Wyanga Winery later this month when we, again, will toast the health of the Rotary Club of Tacoma # 8.

So please ensure you are all in attendance and wearing your favourite team colours for our photo at the Winery on Wednesday 25 September.



# ANNUAL GENERAL MEETING

All members should note this formal advice of the Club's Annual General Meeting to be held at the Central Hotel at 5:30 PM on Wednesday 9 October 2024.

The Agenda will be issued shortly.



## THE YEAR AHEAD

- We are still looking for more volunteers to join the Fundraising Committee. Please contact Bernard if you are interested.

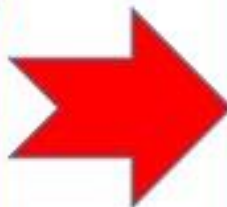
**FIRE  
ALERT**



### FIRE SAFTY AROUND THE HOUSE

Faulty electric blankets cause 28% of house fires, mainly from frayed wiring. Make sure you keep them flat and not bunched up. Do not leave items on top of them when they are on because it can cause hotspots that will damage them.

All blankets need to be checked for damaged wiring each year before use.



## IT HAS BEEN SAID!

- When one door closes and another door opens, you are probably in prison.
- It's the start of a brand new day, and I'm off like a herd of turtles.
- When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
- When I ask for directions, please don't use words like "east."
- My luck is like a bald guy who just won a comb.
- Age 60 might be the new 40, but 9:00 pm is the new midnight.
- When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
- Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people police.


## OUR CLUB AT WORK



Thanks to the efforts of Club members, our funding for important Projects has been boosted, with proceeds from sausage sizzles at Bunnings in Bairnsdale. Sandy has 'recruited' willing helpers to convince customers at Bunnings that Rotary-cooked sausages are the best in town.

Well done team.



**Rotary** 

**THE FOUR-WAY TEST**  
Of the things we think, say, or do

The Four-Way Test is a nonpartisan and nonsectarian ethical guide for Rotarians to use for their personal and professional relationships.

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

**OTHER LOCAL CLUB MEETINGS**



Lakes Entrance RC	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesdays of the month	5.30PM for 6:00 PM	Central Hotel Lakes Entrance
Bairnsdale RC	Tuesday	6PM for 6:15PM	Bairnsdale Club Nicholson St Bairnsdale
Mitchell River RC	Monday	5:45PM for 6:15PM	Bairnsdale Club Nicholson St Bairnsdale
Orbost RC	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays of the month	6PM for 6:30PM	Orbost Club Gladstone St Orbost
Bairnsdale Sunrise RC	Wednesday Mornings	6:45AM for 7AM	The Hub, 27 Dalmahoy Street Bairnsdale
Rotary eClub Latitude 38	Make contact on <a href="mailto:eclublatitude38@mail.com">eclublatitude38@mail.com</a> for the latest Zoom link	Make contact on <a href="mailto:eclublatitude38@mail.com">eclublatitude38@mail.com</a> for the latest Zoom link	Make contact on <a href="mailto:eclublatitude38@mail.com">eclublatitude38@mail.com</a> for the latest Zoom link

**SPRING CONCERT – SUNDAY 15 SEPTEMBER (2 PM TO 4 PM)**

Come to the Mechanics Hall to hear the Lakes Entrance Girls Singers and the Metung singers perform, to celebrate the arrival of Spring. Everyone is invited and afternoon tea will be provided.





# OUR CLUB PROGRAM

*Can all members please ensure that they contact Lesley – 0419 871 197 – to confirm attendance, by lunchtime on the Monday before a scheduled meeting.*

Date		Meeting Type	Venue	Program	Remarks
Sept	<b>Wednesday 25 September</b>	<b>Club Meeting</b>	<b>Wyanga Park</b>	<b>Footy Night (Grand Final Sat 28 Sept)</b>	
Oct	<b>Wednesday 2 October</b>	<b>Opp Social</b>	<b>Kalimna Hotel</b>	<b>6pm Social dinner</b>	
	<b>Sunday 6 October</b>	<b>Community Expo</b>	<b>Mechanics Hall</b>	<b>Managed by the Lions Club, including a Rotary table</b>	<b>10 AM - 2 PM</b>
	<b>Wednesday 9 October</b>	<b>Club Meeting Board &amp; AGM</b>	<b>Central Hotel</b>	<b>Annual General Meeting</b>	
	<b>Wednesday 23 October</b>	<b>Club Meeting</b>	<b>Central Hotel</b>	<b>Aislin Jones Olympic Experiences</b>	
	<b>Wednesday 30 October</b>	<b>Opp Social</b>	<b>Bowls Club tentative</b>	<b>6pm Social dinner</b>	
Nov	<b>Monday 4 November</b>	<b>Melbourne Cup Eve</b>	<b>TBA</b>	<b>Calcutta at Vietnamese Restaurant (tentative)</b>	
	<b>Monday 11 November</b>	<b>Remembrance Day</b>	<b>Cenotaph</b>	<b>Wreath Laying</b>	
	<b>Wednesday 13 November</b>	<b>Club Meeting &amp; Board Meeting</b>	<b>Central Hotel</b>	<b>TBA</b>	
	<b>Sunday 17 November</b>	<b>BBQ</b>	<b>Bunnings Bairnsdale</b>	<b>Volunteers Needed</b>	
	<b>Wednesday 20 November</b>	<b>Club Meeting</b>	<b>Central Hotel</b>	<b>Joint Meeting with Rotary Club of Hawthorn</b>	
	<b>Friday 22 November</b>	<b>Bemm River</b>	<b>Bemm River</b>	<b>Annual Fishing Weekend Friday 22 to Sunday 24 November</b>	
	<b>Wednesday 27 November</b>	<b>Meeting Cancelled</b>		<b>P &amp; O Cruise 25/29 November</b>	
Dec	<b>Wednesday 4 December</b>	<b>Opp Social</b>	<b>TBA</b>	<b>6pm Social dinner</b>	
	<b>Wednesday 11 December</b>	<b>Club Meeting &amp; Board Meeting</b>	<b>Central Hotel</b>	<b>TBA</b>	
	<b>Wednesday 18 December</b>	<b>Club Meeting</b>	<b>Wyanga Park</b>	<b>Christmas Function</b>	



"Our approach will represent the very latest evidence, guided by community input, to ensure no man gets left behind."

PCFA research estimates that around 630,000 Australian men face at least double the risk of a prostate cancer diagnosis due to their family history of the disease.

"The introduction of a more structured approach to early detection, together with targeted investment in public awareness, can save many lives," Ms Savage said.

"Joint action, supported by everyday Australians, can help us defeat prostate cancer," she said.

To comment, go to [pcfau.org/psa-guidelines-review](http://pcfau.org/psa-guidelines-review).

ENDS

## **FACTS & FIGURES**

### Key figures:

- Prostate cancer is the most commonly diagnosed cancer in Australia.
- 25,487 Australian men will be diagnosed with prostate cancer in 2023.
- 3,743 Australian men will die from prostate cancer in 2023.
- 70 Australian men are diagnosed each day with prostate cancer.
- 10 Australian men will die each day from the disease.
- 250,000 Australian men are alive today after a diagnosis of prostate cancer.
- Men diagnosed with prostate cancer have a 95% chance of surviving for five years compared to their counterparts in the general Australian population.
- Between 1982–1987 and 2012–2016, five-year relative survival for prostate cancer improved from 58% to 95%.

### Detailed data:

- Prostate cancer is the 2nd most common cause of cancer-related death among men.
- Prostate cancer will cause an estimated 12% of all male deaths from cancer in 2020.
- The estimated risk of a man being diagnosed with prostate cancer by age 85 is 1 in 5.
- The estimated risk of a man dying from prostate cancer by age 85 is 1 in 22.
- The rate of men dying from prostate cancer has been gradually falling over the past 20 years.
- Men living in regional or rural areas have a 24% higher rate of dying than those in cities.
- Indigenous men with prostate cancer have a 50% higher risk of death from the disease.
- By 2040 it is estimated that 372,000 Australian will be living with prostate cancer.

### Mental health impacts of disease:

- 1 in 5 men with prostate cancer will develop anxiety and depression.
- 72% of men with prostate cancer will not seek help for distress.
- 67% of men with prostate cancer have unmet information needs.
- Men with prostate cancer face a 70% increased risk of suicide.



**Prostate Cancer  
Foundation of Australia**

## **MEDIA RELEASE**

Friday, April 19, 2024

### **Call for consumer comments on PSA testing**

Australians impacted by prostate cancer are being urged to have their say on Australia's guidelines for PSA testing, in a bid to help strengthen systems for detecting the disease early.

The call comes off the back of a major expert and consumer review into national testing protocols for prostate cancer.

The review is being co-chaired by Professor Jeff Dunn AO, President of the Union for International Cancer Control and Prostate Cancer Foundation of Australia's Chief of Mission.

"A new and improved surveillance program will be key to our success in detecting high-risk prostate cancers at the earliest stage in order to reduce the burden of prostate cancer on the Australian community," he said.

"We have gathered 51 national and international experts, alongside consumers, to help review the latest evidence and now want to hear from Australians whose lives may have been impacted by the existing guidelines to see what we can learn."

The current guidelines were approved by the NHMRC and released in 2016.

Co-chair of the review, Adjunct Professor Peter Heathcote, said consumer comments would be key in devising new communication strategies for a revised set of guidelines.

"Prostate cancer is a major threat to the health of Australian men, with more than 25,000 men newly diagnosed each year.

"As our population ages and increases, with improving life expectancy, the number of men at risk of prostate cancer in Australia will significantly increase, so that by 2032 around 30,000 Australian men will be newly diagnosed each year.

"Without concerted action to detect high-risk cases of the disease early, many of these men will face an unacceptable risk of avoidable death.

"It's vital that we invest in programs to promote early detection among high-risk men and ensure these men and their families get the earliest possible access to world-leading clinical care and support."

PCFA CEO, Anne Savage, said national action to introduce a surveillance program for the early detection of prostate cancer would be critical to saving lives.

"By this time next year, we hope to launch a new way forward for Australian men and families impacted by prostate cancer.



This fact sheet gives you a summary of the prostate cancer burden in this region compared to Australian averages. To understand your individual risks, talk to your doctor.



Population	In this region	In Australia
Total male population	133,172	11,546,638
Australian born males	80%	67%
Males of indigenous status	2%	3%
Males over 50 years old	43%	33%
Median weekly household income	\$1048	\$1438

Comparing Prostate Cancer	In this region	In Australia
Men living with prostate cancer*	2,684	229,615
Number of new cases per year**	252	19,504
Median age at diagnosis**	69 years	68 years
Percentage of all male cancers**	24%	27%
Percentage of all male cancer deaths***	14%	12%

\*Total number of cases between 1982-2016. \*\*Average between 2012-2016. \*\*\*Average between 2014-2018.

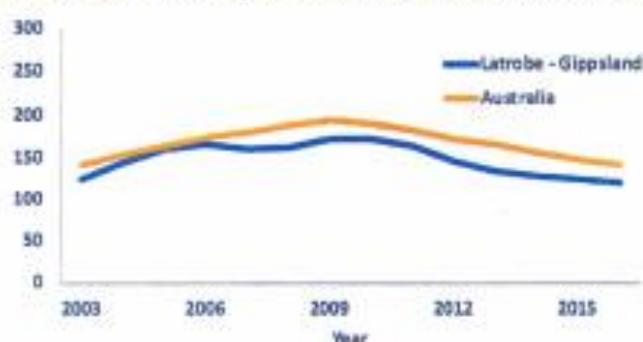
Average rate of new cases per 100,000 men (2012-2016)

In this region = 124

In Australia = 150

How likely are men to be diagnosed with prostate cancer in this region?

Rate of new cases per 100,000 men (2003-2016)



## What are the chances of surviving prostate cancer in Latrobe - Gippsland?

\*For men aged 0-89 years at diagnosis between 2006-2015. Estimated to nearest whole number.

For every 100 men diagnosed	In this region	In Australia
Number of men who died from prostate cancer within 5 years*	10	6
Number of men who died from other causes within 5 years*	13	12
Number of men who survived for at least 5 years*	77	83

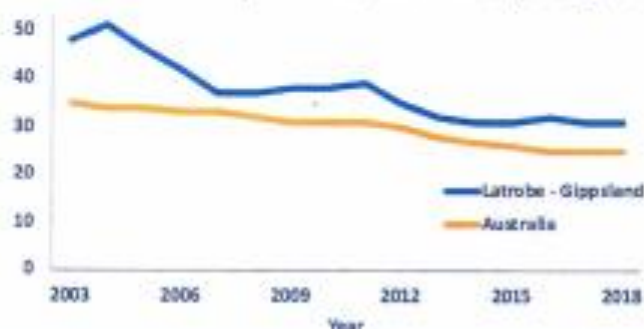
Average death rates per 100,000 men (2014-2018)

In this region = 31

In Australia = 25

## How likely are men to die from prostate cancer in this region?

Rate of deaths per 100,000 men (2003-2018)



## Cancer stage at diagnosis

Cancer stage indicates the presence of prostate cancer within or beyond the prostate, on a scale of 1 to 4. Stage 1 prostate cancer is contained within the prostate, whereas Stage 4 has spread outside the prostate.

Proportion of cases (%)



## Tips for a healthy lifestyle

If you are diagnosed with prostate cancer, your overall health can impact your treatment options, recovery, and wellbeing throughout survivorship. Speak to your doctor to find out how you can improve your health.

<sup>1</sup>Age-standardised percentage



Quit Smoking

24%<sup>1</sup> of men in this region smoke cigarettes



Stay in shape

74%<sup>1</sup> of men in this region are overweight or obese



Move your body

70%<sup>1</sup> of total population in this region have no or low physical activity levels

## What can you do to manage your risks?

- Know your family history of prostate cancer.
- Talk to a doctor about your risks.
- Maintain a healthy lifestyle.

For information and support please call 1800 22 00 99, email [enquiries@pcfa.org.au](mailto:enquiries@pcfa.org.au), or visit [pcfa.org.au](http://pcfa.org.au)

Note: Regional geographical areas are based on the Statistical Area Level 4 main structure in the 2016 Australian Statistical Geography Standard. For more information on the data source and methodologies used in this fact sheet, visit <http://www.stargate.org.au>. Disclaimer: Information presented in this fact sheet is based on population groups and does not indicate/represent any specific individual.



# OUR CLUB SPONSORS

Our Club acknowledges the generous support, which continues to be offered by our ten major sponsors. Their support is crucial to the continued viability of our Club and, as such, they form an important part of our life in Lakes Entrance. For these reasons our members support these sponsors and encourage others to do the same.



**Buchan & Gelantipy  
Racing Club**



Lakes Entrance Bowls Club

