

Bulletin 12 of 22 September 2016

Prostate Cancer Facts



"Prostate cancer is 34% of all cancers in NSW", **Richard Yeomans** told us. Richard is the secretary of the Tomaree Prostate Cancer Support Group founded by a group of men - mainly golfers - in 2011 and incorporated in 2014. The main

objectives of the TPCSG are:

- To provide support for men diagnosed with Prostate Cancer and their partners or family living on the Tomaree Peninsula.
- Support involves providing transport, sharing knowledge & social interaction in a caring supportive environment.
- Creating & fostering awareness of Prostate Cancer in our local community & seeking funding to achieve these purposes.
- Where resources permit, support be extended to others undergoing treatment for other forms of cancer on a case by case basis.

Nowadays the TPCSG closely works together with the Breast Cancer Support Group. The transport of patients (men and women) to and from the treatment centres in the region is a major undertaking of the group and involves 48 drivers who, together, do over 150,000 km a year.

Early detection is crucial for effective treatment and survival of the cancer. The risk of having this cancer increases with age but is also strongly rooted in the family

medical history. The tests that may be used to confirm a diagnosis include:

- a digital rectal examination (DRE)
- a blood test for 'prostate specific antigen' (PSA)
- imaging of the prostate, by ultrasound, CT, or MRI
- getting a tissue sample (biopsy) to examine under a microscope.

Treatment involves radiation, chemotherapy, surgery and various other techniques.

It is not only the physical discomfort of the treatment but also the psychological impact it has on most men that make the Tomaree prostate Cancer support Group invaluable in our local community and well worth our support.

Patients, partners family members and volunteers are all welcome at the monthly meetings on the 3d Monday of each month at 5:30 pm in the Nelson Bay Bowling and Recreation Club

Prostate Cancer Facts

- Most common male cancer
- Second most common male cancer death (the most common if you don't smoke)
- 10% life-time risk
- 3% of all male deaths
- Clinical incidence vs. histological incidence

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Congratulations

Members birthdays

26 Sept. - Peter Page
29 Sept. - DeeGee Greiter

Partners birthdays

none

Anniversaries

21 Sept. Ian & Phyllis McIver
23 Sept. Geoffrey & Nanette
Basser

Lady Luck

Head & Tails was won by Ros Cribb and the raffle prize went to our Guest Speaker Richard Yeomans. Ruffled fruit trays for Bart Richardson and Graham Pretty.

Next Week

Trudy Blachford

Door

Bart Richardson
Tricia Parnell

Meet and Greet

Bill Michel, Mike Mobbs

Grace

Warwick Mathieson

Toast

John Stuhmcke

Introduce speaker

Tim Ireland

Thank speaker

Greg Flux

Bulletin editor

Don Whatham

Auction Items for the 2016 Charity Golf Day.

Item #	Details	Value
1	Hamilton Island Resort Package. Private Apartment (3 nights accom /2 bedroom plus 4dr car for period plus airport transfers plus \$100 voucher for local seafood restaurant	\$1100
2	Family shoot by Capture Imaging inc 1* 20 x 30 inch print	\$930
3	Family shoot by Capture Imaging inc 1* 24 x 16 inch print	\$730
4	Boudoir/Lingerie shoot by Capture Imaging inc 1 x 8 x 12 print. You get the full magazine treatment on all your photos. It's like being treated like a Supermodel for the day.	\$595
5	-Marty's Bed & Breakfast. 3 nights 2 bd apt. not w/end. Max 4 people -Horizons Golf Club-1 round of golf. 2 people inc hire 1 cart -Little Nell Cafe Meal voucher \$50	\$525
6	-Penthouse apt in Mantra. 2 day/2 nights. -Nelson Bay Golf Club-1 round of golf. 2 people inc hire 1 cart -Choice Cuts Butchers-Voucher \$30 -Baroque-Meal voucher \$40	\$490
7	-Oaks Pacific Blue Resort. 2 nights accom. 1 Bed apartment. Any of their locations in Australia. -Lets Go Adventures. 2 seats in dive boat to Broughton Island. -The Deck Restaurant voucher \$50.	\$433

Apologies and "extras" please phone or SMS to 0401 450 239 before Wednesday noon!



Exercise Trail - Stage II

Along Victoria Parade and at Little Beach the council is completing the second stage of the Rotary Exercise trail. Some days ago the equipment was unloaded from a truck when your club photographer happened to have some exercise walking past. The official opening will be early November (Rotary Foundation Month).

This second stage has equipment for more "interactive" work-outs, compared to the more passive stands and bars of Stage I.

We were able to get this second stage off the ground with a \$ 16,000 grant from the government and a matching grant of \$ 20,000 from the Rotary Foundation.

Good Bye Ros!



This night was the last night Ros Cribb attended a meeting of our club as a member as she is moving to Newcastle. Ros joined our club about ten years ago and served several years on the Board, most of the time as our treasured Treasurer. The last couple of years she was the attendance-officer and the friendly person at the other end of the Rotary mobile noting the "extras" you phoned or SMS'ed in or accepting your apology with the question: "Why"? Thanks for all you did for the Club, Ros and Good Luck!

Guest and Visitors

Tonight we welcomed **Graham Pretty** as the guest of Helen Ryan. Graham lives in Nelson Bay and is a past member of the Rotary Club of Parramatta and would like to join our Club. Graham is also active in the Marine Rescue Service. Welcome Graham. *(picture right)*



Two of the supporters during the Science and Engineering Challenge were **Earl and Barbara Heckman**.



Earl is our current Assistant District Governor. After a tiring long working day they still had the energy to join our meeting. Our readers may remember that Earl was not well and had to apologise for the meeting some weeks ago when the District Governor Steve Jackson made his official visit. Fortunately Earl is back in good shape. Good to see you both and many thanks for your contribution to the success of the Challenge Day.

Five Years Ago...



As we missed Richard Turner's history lesson this night I looked back through my photo archive what we did on the 22nd September 2011. Geoff Diemar as our friendly driver took us by luxury coach to the Port Waratah Coal Services on Kooragang Island for a vocational visit to hear all about the importance of coal exports for the region. Afterwards we had a meal at Club West in Mayfield.



In the weeks to come.....

- | | |
|-------------------------|---|
| 29 September | Trudy Blachford - Special Education Playground. |
| 6 October | Jake Ryan |
| 7 October | Charity Golfday - Nelson Bay Golf Club |
| 13 October | Club Meeting |
| 20 October | Vicky McEvoy - Centennial Scholar |
| 29 October | The Rotary Long Lunch - Book your seat at www.trybooking.com/MOQM |
| 17-19 March 2017 | District Conference in Dubbo. |

Science and Engineering Challenge 2016



The Science and Engineering Challenge is a nationwide STEM (the acronym for Science, Technology, Engineering and Mathematics) outreach program presented by the University of Newcastle in partnership with communities, Rotary clubs, universities and sponsors.

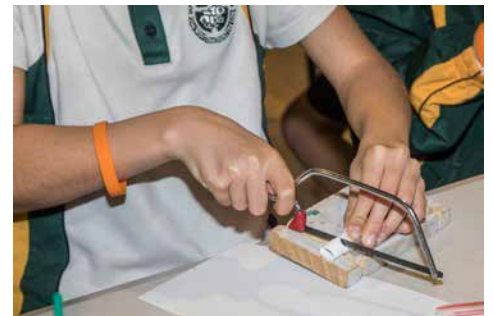
Through the Challenge, students experience aspects of Science and Engineering which they would not usually see in their school environment. The Challenge runs a range of programs but focuses on inspiring students in year 10 to consider a future career in science and engineering by choosing to study the enabling sciences and mathematics in years 11 and 12.

For the Rotary Club of Nelson Bay this is a fixed item in the annual calendar and this year it was on Thursday 22 September that a large number of members and partners gathered at Tomaree High School to assist, supervise and feed a total of 246 year 6 students from all primary schools on the Tomaree Peninsula, while they discovered the challenges of science and engineering.

The kids experimented with building stable towers - constructed from cardboard and paper put together with sticky tape - that could carry a fair bit of weight while being rocked by an artificial earthquake machine. Or what about the challenge of building a bridge that won't collapse under the weight of a heavy locomotive and train? Managing the

electricity grid for a large city without creating black-outs or disruptions was in practice a lot harder than it looked. And making a chair or settee that won't collapse the first time someone sat down creates an interesting challenge. Stringing wires the most efficient way, constructing a catapult that would throw a paper ball furthest and a number of other projects taught the children in a playful way the principles of gravity, stress, strength, momentum and energy. For all

projects there were rules for which and how much materials the group was allowed to use and the project had to be finalised within a certain time frame. For the winning groups there were certificates and prizes. A great learning day: both for the children and the adults.



Pay your dues and special dinner fees by EFT:

Account name: Rotary Club of Nelson Bay Inc. - BSB: 637000 Account #: 781017418
(please, mention your name and what you are paying for.)



ANNUAL CHARITY GOLF DAY

October 7th 2016

RAFFLE PRIZES



2016 model Callaway Great Big Bertha Driver
Fitted to Man or Woman/Left- or Right-handed
Includes Cover & Wrench tool.
Value \$679



Frontier Stove-Portable log burning stove
<https://www.canvascamp.com.au/frontier-portable.html>
Value \$435



Capture Imaging Family Shoot inc 1 * 8 x 12 inch print.
Value \$370



Landmark Resort 1 night, double room accommodation
plus 1 round golf, 2 people, inc cart hire
Nelson Bay Golf Club
Value \$275



Pacific Blue Hairdresser 1 * voucher for salon plus 1
pack of 4 Alfaparf Milano hair products.
Value \$165



The Point Restaurant, Soldiers Point
\$100 Meal Voucher



Cameron Stewart Voucher
Value \$100



subject to change

Serving our Community since 1956

Bulletin

Members Celebration

Saturday 8th October

MEMBERS ONLY
3 course dinner ONLY \$25.00 per person or \$50.00 a double
Including a limited drinks package
6.30pm arrival for a 7.00pm sit down

Menu

Entrée
Smoked salmon filets on a bed of rocket with Spanish onion and caper berries
Chicken mousse paté on a sweet potato wafer with a tomato and gin sauce

Main
Pan fried Atlantic salmon with a vegetable panache, grilled asparagus and topped with a lemon hollandaise
Caramelised pork belly with a sesame toast crust, candied orange on a fennel and potato puree and steamed broccolini

Dessert
Chocolate molten puddings with a berry ice cream and dusted with honeycomb crumble
Deconstructed apple strudel served with lashings of King Island double cream

CELEBRATING OUR NEWLY RENOVATED CLUB FACILITIES



RICHO'S RUGBY DAY

FUNDRAISER IN MEMORY OF THE LATE SERGEANT GEOFFREY RICHARDSON – NSW POLICE PROUDLY SUPPORTING NSW POLICE LEGACY



FRIDAY, 21st OCTOBER 2016
AT SALAMANDER BAY SPORTING COMPLEX
(Tarrant Road, Salamander Bay)

Rugby Competition from 9am to 3pm.
Community Engagement from 10am to 12pm.

*Join us for a wonderful day of Fun,
Football competition, Police entertainment,
Food and Cake Stalls, plus much more.*



Visit the club web site: nelsonbayrotary.org.au