

Bulletin 47 of 17th of June 2021

Let's talk about Skin -Dr Michael Reid



Dr Michael Reid has run a specialist skin cancer clinic in Nelson Bay since 2003 and also has worked in a Melanoma clinic in Newcastle.

We all love the Australian climate (well not this weekend) but sadly for those of fair complexion the likelihood of skin cancer is high. 75% of Australians will get least one skin cancer in

their life. The topic of skin cancer is a big one and can not be covered in one meeting. Michael has offered to return with a second instalment. He also saved us from the surgical pictures this time, given our meeting is over dinner, but there is always next time.

There are 3 main skin cancer types:

1. Basal cell Carcinoma (85% of all skin cancers in Australia) These cancers are not responsible for any deaths, but can be disfiguring.
2. Squamous cell Carcinoma (12% of all skin cancers) These can be malignant. They always appear on sun exposed areas of the skin commonly the ear, lip and nose.
3. Melanoma (less than 3%)

The topic of melanoma will be covered in more detail later. Melanoma has a high mortality rate of around 10%. The good news is many are now discovered earlier which greatly improve the outcome of treatment.

Michael mentioned the use of Dermatoscopes has greatly aided the diagnosis of skin cancers. They provide a bright light with magnification to make the important features of a skin cancer clearer.

A lot of smaller lesions are dealt with directly, but more serious cancers require a wide margin of tissue to be removed making the reconstruction process more complex, and are referred to specialist plastic surgeons.

Thanks to Michael from Bob Mitchel.



In this Bulletin:

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No Birthdays or anniversaries this week

Heads & Tails
Craig Paroissien
Raffle
Michael Reid

Guests at Meeting
Brian Crowley
Bob Saunders
Craig Paroissien
Fiona Whatham

Next week Changeover

Bar will be open upstairs in Crows Nest Room from 6 pm. All special requirements advised will be catered for on the night.

Club Duties

As Arranged

Bulletin: Dieter Grieter

Binoculars: Peter Page

Community Service committee assists other community groups

Lending a Helping Hand.

As part of the Community Service plan, we have been assisting other community groups with Bunnings BBQ's. Some of the groups have been identified by Bunnings as requiring assistance. It gives our Club the opportunity to find out about these organisations, and assist them to be able to raise their own funds in a profitable fashion. Over the past few month's we have assisted the Tomaree Museum Group, Port Stephens Koala Rescue and on the recent holiday Monday Horse Haven who are located in Anna Bay.

The day was a great success for Horse Haven, who received nearly \$650 from the BBQ profits, over \$100 in donations. additional funds from a small raffle, and 3 new volunteers to look after the 30 abused horses. We were able to pass on a number of concepts to the volunteers present, especially applying for grants both for fencing and horse feed, plus mental health grants for some of the young people who volunteer. Some of the younger volunteers have a few issues to deal with, however both the volunteers and the horse's benefit.

Our Club is currently conducting due diligence with Horse Haven, looking at areas we can be of most assistance to them. It does not mean just financial support, as mentioned before there are many other facets of their business we can assist.

Horse Haven volunteers came from Newcastle the lower Lake Macquarie area and locally to volunteer, last Monday. A special thanks to Lesley, PE Doug Craike and Chris for their assistance on the day, plus a mention to Doug Bairstow who provided Chris assistance with the onions.

Nelson Bay Rotary have a Club BBQ on Saturday June 26, with members asked to check the Roster. (Thanks Chris Bartlett for preparing this article)



This picture shows Horse Haven supervisor Louise Evans (right) with Kayla one of the raffle prize winners at Bunnings on Monday. PE Elect Doug drew the winning tickets.

Annual subscriptions.

Please pay your club membership fee prior to 30th of June. The \$280 fee can be paid in 2 equal instalments if preferred, the second being due prior to 31st of December.

Upcoming Events

Changeover

Thursday 24th of June at 6pm for 6.30pm

Cost \$40 per person- 2 course dinner

Payment can be made via direct deposit BSB 63700 Acct 781017418

Add name and state Changeover.

Graeme Hooper will attend as DG representative as well as Christine Walmsley our area governor.

Wine Tour

(Vocational Visit)

A tour to visit sites in the Hunter Valley is being organised for Thursday 5th of August.

Starting with a tour of the Luskintyre airfield and museum, visit to Tranquil Vale winery, Lunch at McGuigans and finish at Lisa Mc Guigans new winery with a distillery next door.

Keep the date free, and more information will follow.



Trek 4 Kids

Peter Page has been involved in a car rally to raise funds for the Starlight Foundation for a number of years. He travels with his son and friends in faithful Car 24.

This year the rally runs from 21st to 28th of August and starts from Inverell, visiting Coonabarabran, Cobar, Broken Hill and Griffith, to finish in Goulburn. The rally has raised huge funds in the past to help families of children with serious illness. Peter would appreciate any support you could give by dropping some of your loose change in a box he will provide at the next couple of meetings.

If you would like to send a donation direct to his team.

Trek4 kidz.com Car 24

BSB 012842

Acct 230685666

Good Luck Peter from all of us in Rotary.



STARLIGHT FOUNDATION

★★ **TREK FOR KIDS** ★★

DONATIONS APPRECIATED

