

Rotary Club of Katikati

New Zealand



18 October 2021

Editors: Nigel Williams & Martin Hawke



Programme:

1 November - Thumb-nail talks from Rupert & Sandra Haigh

8 November - Fiona George, Red Cross

15 November - James Denyer, *Three Waters* observations

Greeter*

Rupert Jacks

Tania Miller

Nigel Williams

*Duties of the Greeter: (if you cannot attend it is your responsibility to delegate)

- Put out the Club Equipment*
- 2. Greet members as they arrive
- Give the 5 minute talk 3.
- 4. Assist the Sgt-at-Arms with fines
- 5. Introduce (& thank?) the speaker
- 6. Give the "Closing Thought"
- 7. Put away the Club Equipment*
 - * name badges, bell, gavel, computer, projector, "bear" microphone & stand, fines box, raffle box.

Club Notes:

The **Special Needs Christmas Party** will be held on 6 December.

Apology

Members— If you are <u>unable to attend</u> a meeting <u>please</u> contact Barry Denton by 6pm the previous Sunday night.

Tel: **07 863 4597** Email: barryjoyd@kinect.co.nz

Speaker

Jean Bothwell, a retired professional nurse and nationally recognised urology specialist gave us a comprehensive overview of prostate health, including the diagnosis and treatment of prostate cancer.

The basic information that everybody should be aware of:

- 1 in 8 men will get prostate cancer in their lifetime
- Early detection is critical to successful treatment
- In NZ some 10 diagnoses are made each day, 3,500 per year
- 650 die of prostate cancer per year
- From age 50-70 men should be tested anually, those with a family history earlier

Five Minute Talk from Bruce Calder

Bruce outlined his personal history including:

- Born and raised on the family farm in Central Hawkes Bay (Porangahau, Dannevirke High School)
- Studied farming at Massey University, Palmerston North
- Travelled overseas, worked as a shepherd and then farm manager, married with 2 children
- Drew a ballot farm at Matata in 1975
- Long involvement with showjumping and hunting

Parting Thought from Bruce Calder

Go fast — go alone

Go slow— and we will all go with you