



SERVE TO CHANGE LIVES

The Rotary Club of Brisbane Centenary

Vol 34 Edition 19
20th April 2022

The Rotary Club of
Brisbane Centenary Inc.
meets on Wednesday at
6:30am for 6:45am at:

Kingsford Terrace,
260 Cliveden Avenue,
Corinda.

P O Box 214 Mt
Ommaney Q 4074



Andrew's Advice

Hi everyone, I hope your all enjoying the Easter break!

A quick reminder for all that, if you are intending go to the District Assembly, now is the time to register. It is nice and close at the Centenary State High School. So, it will be easy to get to.

The Ipswich Rotary Club has contacted us to see if we can help with car parking for the event called "The Gathering ". We will be allocated some of the proceeds. Therefore, if anyone has time on the 21st of May, please get back to me and I will pass on the numbers. It should only be for 3 or 4 hours!

Have a great Easter and I'll see you all on Wednesday!



President Andrew Rodgers

This meeting

Terry Killen
Electric vehicles and why you should get interested in them!

27th April

Usual Friday Night social at the Jindalee

4th May

TBA

11th May

Board meeting

13th May

Our normal meeting transferred to the wine and cheese evening to introduce ourselves to the residents and our new venue.

Andrew



The Board for 2021 –22

President
Treasurer
Secretary
International

Andrew Rodgers
Gerry Gebert
Di Scotte
Glen Palmer

Effective Services
Membership
Foundation
Club Administration
Bulletin Editor

Di Scotte
Graham Osterfield
John Woodward
Neville Blomeley
Nick Curry

That was the week that was or TW3

Wine and cheese social: Now on Friday 13 May, 5-6:00pm We will change our usual Wednesday meeting on 18th May to accommodate this.

RJCA

Di told us that this is well in hand with 42 students from Jamboree Heights State School, 7 at MOS, and, probably, over 30 at Middle Park State School.

Earlyact: Neville and Di have met with Talia and another deputy principal at Middle Park State School and they are supportive of introducing Earlyact into the school for grades 3—7. They want to support a local community project and we will probably have a sausage sizzle from 11:00am to 1:00 on a day in the third term to raise funds...especially as we currently have a deepfreeze full of left-over bangers. Jamboree Heights also appear interested.

Movie Night: Thanks to Terry for the organization of an excellent evening. When the dust had settled, we raised \$440 which will now go to the Foundation Ukraine Relief Appeal.

We still have a credit with the cinema of around \$620 which we can use towards another fundraiser. Two films have been offered—Elvis and Top Gun 2. Neville and Nick were quite clear on which they supported!

Mobile Phone project: Following the District Conference, Craig has sent off for the mobile phone kit to collect redundant mobile phones. These are cleaned and rejigged for giving to women escaping domestic

violence situations. Craig thought that, even just within the Sumner Park area, there would be multiple phones available. John Woodward will also target Stoddarts; both with a view to collecting phones but also to offering IT support for cleaning up phones etc.

Joint Disaster Relief Grant: The four local clubs have each put in to double the size of the grant to \$6,000. This is being used to fund school uniforms and other losses arising out of the floods. Most of the flood victims needing assistance appear to have come out of Corinda State High School although some have been from Centenary State High School and MOSS.

DIK: Members assisted in the packing of a 40 foot container for Timor and a 20 foot container for PNG. The PNG container has already gone although it is not certain when the Timor container will go.

International: Glenn noted that our possible volunteer jaunt to Fiji is on hold following RAWCS' suspension of overseas travel.

Secretary: Di noted the District Assembly at the Centenary State High School.

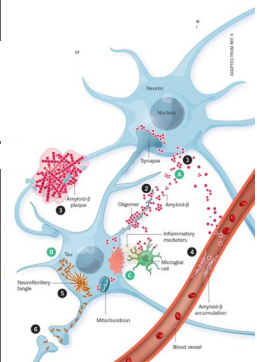
BeefBank: Graham and Andrew told us about the changing arrangements with FoodBank which puts BeefBank on a more commercial footing. The food relief industry is being forced to move to at least a part-payment — although on a heavily discounted basis. However, we still need funds and Nick will look at lodging a district grant application.

Neville Blomeley—Mostly Men's Health

The top cause of death in males is Coronary heart disease but Alzheimer's and related dementia diseases and prostate cancer are right up there in the top six. (What Neville didn't mention was that accidental falls are no.14...so no climbing ladders!).

Alzheimer's has no cure although there are medications which might temporarily improve, or at least slow down, the rate of progression of symptoms. This is important in order to maintain an individual's independence.

However, work is being done to better understand why the brain atrophies and brain cells to die. This loss of brain function results in complications such as dehydration, malnutrition and infections—leading to death.



As to who will get Alzheimer's, factors that are not conducive include type 2 diabetes, obesity, and smoking. On the good side are a higher education, marriage, and good cholesterol. Exercise, a healthy diet, and moderate tea and coffee also help.

However, for factors that cannot be explained solely by longer life span,



women are twice as likely to acquire Alzheimer's than men. It is thought that hormones and lifestyle may play a part.

Neville also spoke about prostate cancer. Almost 20,000 men are diagnosed each year and, of those, 3,300 will die each year. That is... 55 men get the disease and 9 men dying each day...and the chances are high! One in nine men are diagnosed at some time in their lives.

Continued next page

In the early stages, there are often no symptoms—unlike other diseases of the urinary tract. By the time it is diagnosed, especially in younger males, it may already be too late for effective treatment. The more aggressive forms tend to show up in younger males. In older men, it may be less aggressive and it is quite likely that one will die with, rather than of, prostate cancer.

Treatment for low risk conditions may simply be active surveillance, although surgery and radiation treatment will also be considered if the condition progresses.

Neville noted that a PSA test should be done every one to two years for those in the risk arena but that the test, in itself, is not actually a specific test for cancer. For cancer to be confirmed, a biopsy is necessary.

Screening is not incredibly effective. For every 1,000 men tested:

- 2 men will avoid death from prostate cancer before 85 years of age. Greater benefit for men at high risk e.g. strong family history.
- 2 men will avoid metastatic prostate cancer before 85 years of age.
- 87 will have a false positive test
- 28 will have prostate cancer diagnosed as a result of the PSA test.
- 25 will choose to undergo treatment because of the uncertainty about which cancers need to be treated. 7-10 of these will develop persistent impotence and/or urinary incontinence.

The way to help avoid prostate cancer is to have a healthy diet, limit red meat and dairy, maintain a healthy weight, exercise and definitely stop smoking...not very different to avoiding other diseases including Alzheimer's!

	Today (a while ago)!
1496	After his return from the New World Christopher Columbus entered the court of his sponsors King Ferdinand and Queen Isabella. For more an hour, the sovereigns besieged the seaman with questions
1611	First known performance of Shakespeare's tragedy Macbeth at the Globe Theatre, London, recorded by Simon Forman
1770	Captain James Cook arrives in New South Wales
1861	Thaddeus S. C. Lowe, attempting to display the value of balloons, makes record journey, flying 900 miles from Cincinnati to South Carolina.
1862	Louis Pasteur and Claude Bernard complete the experiment disproving the theory of spontaneous generation.
1887	Georges Bouton wins the world's 1st motor race on a steam-powered quadricycle, a 'test' organised by French newspaper Le Velocipede
1902	Pierre and Marie Curie refine radium chloride.
1972	Apollo program: Apollo 16 lunar module, commanded by John Young and piloted by Charles Duke, lands on the moon.



Rotary responds to the humanitarian crisis caused by the war in Ukraine

EVANSTON, ILL., April 5, 2022 – Rotary announced today that it has raised more than \$7 million to support locally-led relief efforts underway by Rotary clubs in Ukraine and neighbouring countries.

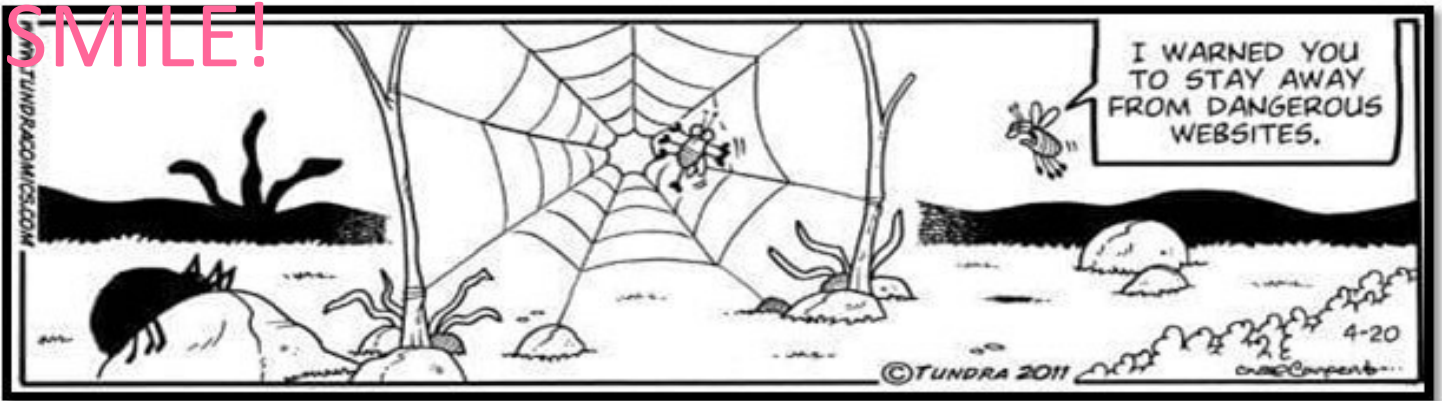
“The need for immediate humanitarian aid is increasing with each passing day,” said John Hewko, CEO of Rotary International. “Rotary clubs in Europe and around the world, including our 1,100 members in Ukraine, have stepped up their relief work, with some on the ground helping those displaced by the war.”

- In western Ukraine, Rotary members in Lviv are working with local authorities and major hospitals to provide urgent medical supplies and equipment.
- In Slovakia and the Czech Republic, Rotary clubs have partnered with a railway company to offer transport to refugees and deliver essential items.
- In France and Germany, Rotary members set up a central fund and working group to coordinate aid for Ukraine and border countries.
- Rotary clubs in Poland have taken swift action to provide food, water, medical equipment, and transport and shelter for Ukrainian refugees. Funds raised by the Rotary Foundation – Rotary’s charity arm, go directly to those in need through local Rotary clubs in Ukraine and other countries where substantial aid is needed for refugees.

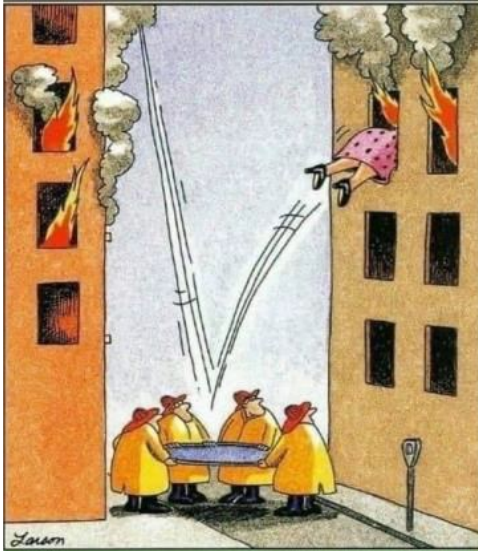
Rotary clubs are also coordinating with partners to explore effective solutions to increased humanitarian needs. Rotary’s disaster response partner ShelterBox, is collaborating with Rotary members in Eastern Europe to provide essential supplies and access to temporary housing for those who have left Ukraine, along with medical and shelter supplies for communities in Ukraine. Items include mattresses for people living in schools and sports centres, shelter kits with tools and rope, hygiene kits, winter jackets, solar lights, and water carriers to help people survive as they are forced to live in damaged buildings.



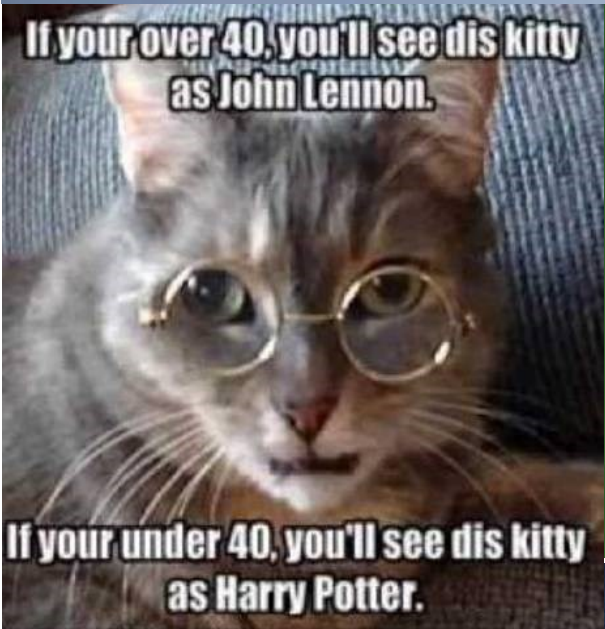
SMILE!



“A day without sunshine is like, you know, night.”
— Steve Martin



A police officer came to my house and asked me where I was between 5 & 6. He seemed irritated when I answered: “Kindergarten”

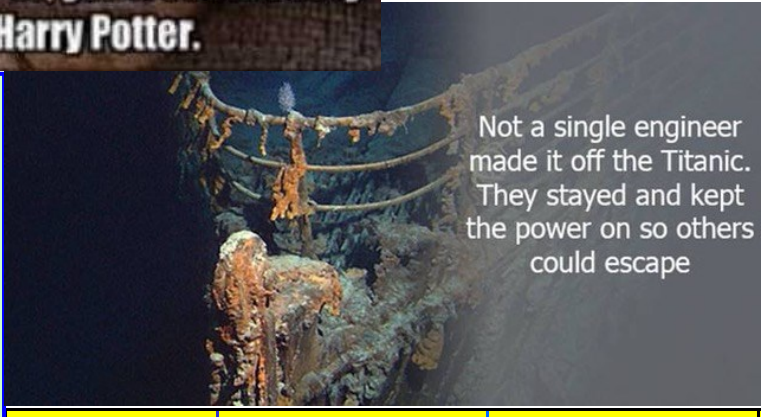


A drunk goes to court. The judge says, ‘You’ve been brought here for drinking.’ The drunk says, ‘Great. Let’s get started.’
An Irish Sense of Humor

Happy Birthday to:
Geoff Williams **25 April**



The Club welcomed:
Terry Killen **19 April 2017**



The 4-way Test
Of the things we think, say or do

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?

Duty	20/04/2022	4/05/2022
Chair	Dianne Scotte	Graham Osterfield
Duty Officer	Gerry Gebert	Nev Blomeley
Fellowship Officer	Terry Killen	Nick Curry
Rotary talk	Dianne Scotte	John Woodward
Sergeant	Nick Curry	Nick Curry