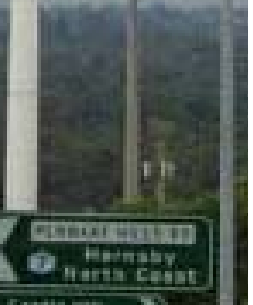
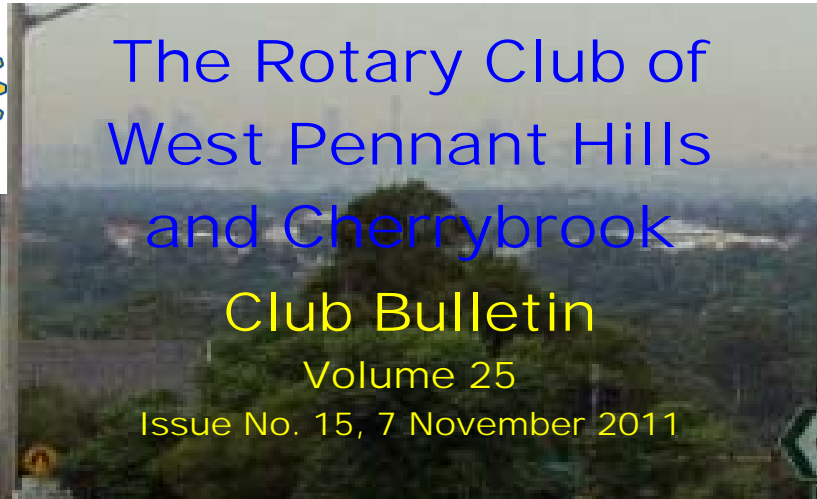


# The Rotary Club of West Pennant Hills and Cherrybrook

## Club Bulletin

Volume 25

Issue No. 15, 7 November 2011



### Monday 7 November

Youth Night and Exchange Student Presentation by Louise Lastein

### Monday 14 November

Guest Speaker - Dominic Perrotet - State Member for Castle Hill

### Monday 21 November

Guest Speaker - David Chambers, Regional Controller SES.

### Duty Roster

Next Meeting Monday 7 November 2011		Following Meeting – 14 November	
<b>Chairman</b>	Rosemary Clarke	<b>Chairman</b>	Rob Hamer
<b>Night Reporter</b>	Clive Denmark	<b>Night Reporter</b>	Tim Bowland
<b>Front Desk</b>	Max Henderson	<b>Front Desk</b>	Graham Evans
<b>Front Desk</b>	Michael Moroney	<b>Front Desk</b>	Michael Moroney
<b>Steward</b>	Barry Lambert	<b>Steward</b>	Tony Makin
<b>Steward</b>	David Turnbull	<b>Steward</b>	Graham Cuthbertson
<b>Photographers</b>	Ross Ballinger/Steve Baker	<b>Photographers</b>	Ross Ballinger/Steve Baker

### Inside This Issue

President's Report	A Special Contribution by John Russell	Birthdays, Anniversaries and Humour
Notes from Last Meeting	AGM	Louise Lastein – Family of the Week Program
Photos from The Porsche Car Club Day & Melbourne Cup Night	RYDA	Club Program

### Upcoming Events

#### Saturday 12 November

Theatre in the Park - Brooklyn  
Organizers: Carol and Rob

#### Saturday 26 November

Bunnings BBQ  
Organizer: Barry Lambert

#### Saturday 19 November

Dinner and Theatre – Pavilion Castle Hill  
Organizer: Carol Russell

#### Monday 28 November

Schools Four Way Speaking Competition  
Organizer: Peter Cleary

### Meetings

Monday 6.30pm for 7.00pm – Springfield House – 245 New Line Road, Dural

<http://www.wphcrotary.org>

Rotary Club of West Pennant Hills and Cherrybrook Inc. PO Box 103 West Pennant Hills 2125 Australia

**APOLOGIES:** If you are unable to attend or are bringing a guest (even if they are your partner) you must book them in.

Phone **9439 1422** or email [dturnbull@lhogroup.com.au](mailto:dturnbull@lhogroup.com.au) **before 11am** on the day of the meeting.

## President's Report – 31 October 2011



Our Melbourne Cup night was tremendously enjoyable thanks to Colin and Diane Wright who organised the table settings and fun and games on the night.

Rob Clarke took out the first prize for his Sheiks outfit and Jill Turnbull for the best hat.

We had other splendid unusual outfits including David Turnbull's gentleman's rig (which he looked every bit the part) and Rob Hamer as a jockey who seemed to have a lot of trouble keeping his mount under control.

I'm not sure which table won the trivia quiz, but they must have cheated anyway. Although our two official photographers were away we managed to get a few photo's that reflected the fun of the night.

The Porsche BBQ was a huge success last Sunday particularly based on the number of members and their spouses that were there on the day to help out. Thank you to everyone.

It's is amazing how a potentially "big" all day event can be managed with relative ease when you get the type of fantastic support we got.

We still don't know exactly what the profitability was because Tim Bickford who organised it was admitted to hospital on the Monday and put on a drip overnight. He's home now but will be on a drip for a few more days. He's on a program called "hospital in the home" which I haven't heard of before. He knocked his leg on Sharon's tow bar a few days ago and it blew up into a very painful attack of Cellulites. (Same as Rob Hamer) He said it wasn't hurting much at the BBQ but by Sunday evening things changed pretty dramatically. I'm pleased to say that whilst we've some photographs of the BBQ, we haven't any of Tim's leg.

Because last Monday night's meeting was a purely social we didn't have any one rostered on for some of the things including "Night Reporter" – so that's why you won't find one in this Bulletin edition.

A reminder that next Monday night (7th) is our Youth Night. It is also a Partners night. Please remember to invite them because my hunch is that sometimes they are being forgotten to be told. Louise will be giving us the run down on herself and her family and she would like everyone to wear something red and white if they have it (i.e. a ribbon). We will also have our NYSF (National Youth Science Forum) candidate address us as well as our RYLA (Rotary Youth Leadership Award) candidate and our Outbound student.

**Photos from the Porsche Car Club Day**

Before the Rush



The Crowd Starting to Build



The Rush is On!



Wew!!!



**Photos from the Melbourne Cup Night**

A well known racing identity with Louise Lastein



The elegant David and Jill Turnbull





Tom and Annette



Sandy Burrage passing on her Race tips to Clive



Col and Dianne Wright



This doesn't look like a horse race?



### A Special Contribution from John Russell

John has kindly offered to share his experience with prostate cancer, a subject that most men would be very reluctant to talk about – here is his story:

“Most men over eighty will die with prostate cancer, but only a few will die of prostate cancer”

In April 2011 I had my yearly medical, the main part being a blood test. My PSA levels had been tracking around 4 for some years, but this time they jumped to 7. My doctor was not too alarmed, but my wife was, and she suggested (strongly) that I should see a Urologist.

That is where the journey started. Doctor D found a hard spot in my prostate, and proposed that I undertake a biopsy. In any case he believed my prostate was enlarged and that this could lead to urinary problems later on, so there was probably a need for action anyway.

The biopsy was performed in May. I will not go too much into the gory details, but it involves a general anaesthetic, and they use a number of needles to take samples for biopsy, as there can be a number of different cancers involved that affect the prostate.

The results of the biopsy are presented on a scale called the Gleason score, where anything over 7 indicates an aggressive form of prostate cancer.

Mine was 8, so panic began to set in.

However, Dr D did not seem to be in any rush. This was a little confusing, until I understood that “aggressive”, did not mean I had to act immediately, all prostate cancers are relatively slow growing – but I did have to act.

Then it got a lot harder. There were choices to be made regarding treatment, and these choices were not easy. At 73 years of age there was still the “do nothing” option, or as they put it so nicely in the literature “Let sleeping dogs lie”.

The most obvious choice was surgery, but this came with a downside, in possible, (though unlikely) incontinence, and other performance issues that I do not intend to go into! The third possibility was some months of hormone treatment, followed by radiation, which again could be delivered in a number of different ways, two that involved the way the beam was applied, and one where radioactive pellets are inserted strategically near the cancer. The hormone treatment reduces testosterone, and, according to anecdotal experience, plays with the mind.

In all, none of the treatments are without a downside.

One of the deciding factors for me was the discussion I had, first with the Oncologist, and with the Oncologist radiologist, in which she stated that once you have had radiation therapy, surgery is no longer an option, whereas if you have surgery, and some cancer is still left, then radiation is still an option.

This left the “Let sleeping dogs lie” option. I have a friend who has had prostate cancer for some years, and he seemed to be getting by OK. I must admit I thought long and hard about this option, but further discussion with Dr D pretty much convinced me that the downside of this option could be pretty unpleasant.

So I decided to go ahead with the surgery.

I will not go into this in any detail. I was on the table for about 5 hours, I lost a lot of blood and needed a transfusion and spent 24hrs in intensive care. On the positive side my lymph nodes were clear, which is a good sign, but not the final word. I came out of it all with a catheter strapped to one leg, which would stay in place for the next week. This did not turn out to be as uncomfortable as website anecdotes suggested, but I did have a couple of scares with blocking of the catheter, one which sent me back to the hospital.

One of the things I noticed through the whole process, is even little hiccups scare you out of proportion to their seriousness, so a sense of humour really helps!

Five weeks out and I am beginning to feel normal, there are still very slight incontinence problem, but the pelvic floor exercises (when you get the hang of them), seem to work.

Recently in the papers there have been questions as to whether the PSA tests are worth doing, and whether surgery is the answer. There are a lot of unknowns about prostate cancer, some types will definitely kill you, while others do not seem to be a problem. On balance, I am glad I went ahead with the surgical option, but it was certainly a difficult decision.”

John Russell

### **Notice of Annual General Meeting**

Members are advised that the Annual General Meeting of the Rotary Club of West Pennant Hills and Cherrybrook Inc. will be held at Springfield Function Centre, New Line Road Dural on December 5th 2011

Business to be conducted includes acceptance of minutes from previous AGM, presentation and acceptance of the annual financial statements for 2010/2011, confirmation of auditor for 2011/12 and election of office bearers for 2011/12.

Persons wishing to nominate for board positions should contact Secretary Barry Lambert or President Colin McGowan for nomination forms or information.

Barry Lambert – Secretary

### R.Y.D.A

Our local school, Cherrybrook Technology High is booked to attend the RYDA Program on THURSDAY 1st and FRIDAY 2nd DECEMBER 2011, at HART (Honda Australia Roadcraft Training) Centre, 451 Mona Vale Road St. Ives, from approximately 9.15 am to 2.30 pm.

The RYDA Program is a road safety education course aimed at equipping young people aged 16 to 17 years old (generally Year 11 students) with the knowledge to stay safe on Australian roads. RYDA focuses on attitude and awareness of young people as drivers and passengers, with the theme My Life – My Choices. RYDA is now conducted in seventeen Rotary Districts across Australia and is established as one of the most successful and strongly supported Rotary youth programs in Australia.

RYDA is a one day program held at an out of school venue and includes six sessions that are designed to be interactive and cover a broad range of topics including hazard perception, stopping distances, alcohol, drugs, fatigue and driving, plus buying and maintaining a safe vehicle - all aimed at influencing the attitude of young people before they get behind the wheel of a car. Presenters are all experts in their field including Driving Instructors, Crash Survivors and Police Officers.

Students are divided into groups and are assigned a Rotary volunteer to guide them through the RYDA sessions. Morning tea and lunch will be provided – there is a section on the form to also advise of any special food requirements to assist us in our catering arrangements.

As per Rotary protocol, volunteers are required to sign a Child Protection Form on the day.

Our club requires a minimum of 3 volunteers for each day.

If you are able to assist or require additional information please contact Max Henderson 9237 9339 (Wk) or 9871 3462 (Hm) or max.henderson@nab.com.au

### Birthdays and Anniversaries

**Anniversaries** *Gino and Ros Savio – 11 November*

**Birthdays** *Carol Russell – 9 November*  
*Janet Hamer – 11 November*

### Humour

The disgruntled diner summoned the waiter to his table, complaining, “My oyster soup doesn’t have any oysters in it.”

“Well, if that bothers you, then you better skip the dessert,” replied the waiter. “It’s angel food cake.”

### Food for Thought

“The fewer the facts, the stronger the opinion”

Arnold H. Glasgow

### Family of the Week Program

Louise Lastein - Denmark 2011-2012			
Week Ending Sunday	Host Family	Planned Activities	Louise with You
6th NOVEMBER	Hamer		
13th	Hamer	Hamer Family function Sat 12th	Hamers
19th	Hamer	Outbounds briefing	
20th - 27th	Hamer	Janet and Rob taking Louise to the Gold Coast to watch the Rugby World 7's	Hamers
	Hamer		
4th DECEMBER	Hamer		
11th	Bickford		
18th	Bickford	16th - Xmas party	Gladesville Club
25th	Bickford		
JANUARY 2nd	Bickford		
8th	Bickford		
15th	Bickford		
22nd	Bickford		
29th	Bickford		
5th FEBRUARY	Bickford		
12th	Hamer	Welcome Home Dinner - Friday 10th	District Committee
17th - 19th	Hamer	Kosciusko Weekend	
26th	Hamer	Umina Beach weekend (Fri- Sun)	Umina Beach Club
4th MARCH	Hamer		
11th	Hamer		
16TH - 18th	Hamer	Conference - Wollongong (Fri- Sun)	Club
25th	Hamer		
1st APRIL	Gilchrist		
8th	Gilchrist		
15th	Gilchrist		
22nd	Gilchrist		
29th	Gilchrist		
6th MAY	Gilchrist		
13th May – 2nd JUNE	Gilchrist	SAFARI (13May - 2nd June)	District Committee
	Gilchrist		
	Gilchrist		
3rd JUNE	Gilchrist		
10th	Gilchrist		
17th	Gilchrist		
24th	Gilchrist		
1st JULY	Gilchrist		
8th	Gilchrist		

		Club Programe 2011-2012		
<b>Nov-11</b>		<b>Rotary Foundation Month</b>		
Mon	7	Youth Night and Exchange Student Presentation	<b>Yes</b>	Rosemary
Wed	9	Club Board Meeting 7.15 for 7.30 at CMcG's place		CMcG
Mon	14	Dominic Perrottet State Member for Castle Hill		Rob Hamer
Sat	19	Dinner Theatre ("Move over Mrs Markham") - Pavilion Theatre C Hill.		Carol/Prue
Mon	21	Guest Speaker David Chambers, Regional Controller SES. Confirmed 7/4/11		CMcG
Sat	26	BBQ Bunnings Dural		Barry
Sun	27	Christmas lunch - Castle Hill Country Club (confirmed)	<b>Yes</b>	Social
Mon	28	Schools Four Way Speaking Competition (3 speakers /school- 4 Way Speaking Test)	<b>Yes</b>	Pete Cleary
<b>Dec-11</b>		<b>Family Month</b>		
Mon	5	AGM	<b>No</b>	Barry Lambert
Wed	7	Club Board Meeting 7.15 for 7.30 at CMcG's place (1 week early)		CMcG
Mon	12	Christmas Meeting (Khris Kringle-gifts).	<b>Yes</b>	Social
Wed	14	Tree of Joy- Santa's Workshop at Turnbolls	<b>Yes</b>	Brian Furrer
Mon	19	No Meeting		
Mon	26	No Meeting		
<b>Jan-12</b>		<b>Rotary Awareness Month</b>		
Mon	2	No Meeting (New Years Day)		
Sat	7	Presidents New Year lunch celebration at Geranium Cottage (5pm)	<b>Yes</b>	Carol
Mon	9	No Meeting		
Wed	11	Club Board Meeting -Cancelled		
Mon	16	Club Assembly		CMcG
Wed	18	1/5 Book Fair Meeting		TBA
Mon	23	Ken Peterson - Sydney Norwest Astronomy Group (confirmed 16/06)	<b>Yes</b>	Rob Hamer
Thurs	26	Australia Day - Pub Hol		
Mon	30	Barry Gobbe, first Ambo on site at the Granville Bridge Train Disaster. (confirmed 18/06/2011)		Rob Hamer
<b>Feb-12</b>		<b>World Understanding Month</b>		
Mon	6	Guest Speaker David Ellyard- TV Compere-Science and Technology-Antarctica?Confirmed 18/4 RH		
Tues	7	2/5 Book Fair Meeting		
Wed	8	Club Board Meeting 7.15 for 7.30 at CMcG's place		CMcG
Fri	10	Ronald McDonald House (confirmed )		
Mon	13	Speaker - David Cook, Freelance Journalist. 4 wheel driving/caravanning in the Oz outback.	<b>Yes</b>	Rob Hamer
Wed	15	3/5 Book Fair Meeting		
F-Sun	17-19	X'change student Kosciusko Walk. Date to be confirmed	<b>Yes</b>	Graham Cuth
Mon	20	Invited Nigel McDonald Cherrybrook RFS 19/07		Rob Hamer
TUES	21	4/5 Book Fair Meeting		
Sat	25	Working Bee- Guide Hall or Warrah. Date to be confirmed.		Tony Makin
Sun	26	NORDBY Retirement folks 10-5,Kokoda Memorial Walkway BBQ area (adjoining Cafe end Killoola St Concord)	<b>Yes</b>	Tony Makin
Mon	27	Youth Night -RYPEN, RYLA, NYSF reports	<b>Yes</b>	Rosemary
Tues	28	5/5 Final Book Fair Meeting		
<b>Mar-12</b>		<b>Literacy Month</b>		
Thurs	1	Moving of Books from garages and containers to Church carpark	<b>All</b>	
Fri	2	Book Fair (starts 12 noon, Uniting Church, NLRd, Cbrook)	<b>All</b>	
Sat	3	Book Fair 8-12 noon	<b>All</b>	



President	Colin McGowan	0438 810 773
Past President	Graham Cuthbertson	0419 277 704
President Elect and Club Service Director	Rob Hamer	0400 335 091
Secretary	Barry Lambert	0412 465 819
Act Secretary	Keith Ball	0401 895 333
Treasurer	Bob Davison	0413 008 574
Act Treasurer	Carol Russell	0418 431 157
Membership	Carol Russell	0418 431 157
Youth Services	Rosemary Clarke	0439 819 965
Community Services	Tony Makin	0411 248 865
International	Clive Denmark	0400 425 210
Vocational	Peter Cleary	0419 499 827
Foundation and PR	PDG Larry Jacka	0458 123 722
Clubs Welfare Office (non executive)	Stan Basely	96 34 1084

**Directors 2011-1012**

**Rotary Club of West Pennant Hills and Cherrybrook**