

Board Members 2007-08

President	David Fox	Office holders	
Secretary	Keith Avent	Bulletin Editors	John Gray & Bruce Wyatt
Immed. Past President:	Ray Newcombe	Sergeant:	Ian Excell
President Elect :	Shukry Sahhar	Program Manager	Neale Emanuel
Treasurer:	Noel Hart	Historian/ Archivist	Keith Avent
Club Service:	Peter Evans	Webmaster:	Robin Cromer
Community Service:	Neale Emanuel	Member Databases	Ken Goard
International Service:	Bernadette Cappello	Club address:	PO Box 637 Woden ACT 2606
Vocational Service:	Shukry Sahhar	Secretary	Keith Avent,
Youth Service:	Val Bland		keith.avent@bigpond.com
			http://www.rotanet.com.au/canberrawoden

Apologies to: Phil Ibbotson 62813415 <pibbotson@ozemail.com.au>

Postscript

NORFOLK ISLAND ROTARY

Last week we welcomed visiting Rotarian Arthur Evans from Norfolk Island to our club. He briefly outlined the history of his club that started in 1972. He noted that they have 17 members and that they raise funds via raffles and a food caravan.

Arthur is one of the descendants of the mutineers of the Bounty many of whom transferred from Pitcairn Island to Norfolk in 1856. Amongst themselves they talk a patois which is essentially a mixture of 18th century English and Polynesian. Arthur's Norfolk name is 'Aata Orn'. (Don't ask us to explain it! Eds.)

Attendance

Guest Speaker: Dr Jim Clough

Club Guests: Dr Jim Clough

Visiting Rotarians: Arthur Jeffries (Tea Tree Gully), Arthur and Judy Evans (Norfolk Island)

Other guests: Beth Johnston, (guest of John Widdup)

Make-ups: Val Bland, Jim Grainger, Piers Booth, Bernadette Cappello, Ros Osbourne

Members present: 21

Percentage: 84.8%

Rosters

Copies of previous issues of the Raven can be found at
<<http://www.rotanet.com.au/canberrawoden>> Click on 'Club bulletins'

Program	THIS WEEK - 28 May	NEXT WEEK - Wed 4 June
	Ross Solly	HE Dr John Larkindale
	Vagaries of the morning announcer	Diplomacy - not to mention Rugby
Introduction	Carlo Binutti	Neale Emanuel
Appreciation	Neale Emanuel	Des Pain
Fellowship	Juliet Badu-Tiwaa	Peter Evans
	Ros Osbourne	Alec Philip
Raven Recorder	Ken Goard	Robin Cromer
Birthdays	J. Grainger 26 May, G. Scott 29 May	Nil
Anniversaries	Nil	Nil

TRASH & TREASURE

1 June	Neale Emanuel – Bish Mukerjee	8 June	John Widdup – Ajit Banerjee
15 June	Shukry Sahhar – volunteer	22 June	Carlo Binutti – Bernadette Cappello

The Weekly Bulletin of the Rotary Club of Canberra-Woden Inc.



No 47 Vol 40 Wednesday 28 May 2008

May is PLANNING month

When paramedics are called, a typical scenario is that distraught family members may be unable to give correct details of the patient's condition or the medication they may be on. The paramedics physically have to collect all the patient's medication in the house, obtain a medical history, and take it to the hospital with the patient.



Last week visiting Rotarian Arthur Jeffries from the Rotary Club of Tea Tree Gully, South Australia, spoke about his Club's important project to tackle this problem. It is called the **Emergency Medical Information Book (EMIB)**.

This small book contains patient medical information, medications and medical condition, so a paramedic is able to quickly ready a patient for transport to a hospital.

Who should have one of these books? Elderly people living on their own, especially children and adults with chronic and mild medical conditions, in fact all people with any medical condition. The book must be filled out by the owner (patient) together with their doctor.

Arthur, who is Chairman of his club's EMIB Project Committee, encouraged our club to consider ordering a quantity of these books for distribution in the community to Aged Care Homes, through shopping centre promotions, chemist shops and the local neighbourhood – for a gold coin donation.

If a minimum quantity of 250 books is ordered our Rotary Club's name would be on the cover and each book would cost only \$1 each.

The Rotary Club of Tea Tree Gully aims to distribute or sell 2.5 million copies throughout Australia and New Zealand. They are working closely with ambulance services in both countries.

To date it has distributed 550,000 copies.

President David noted that our Club would consider supporting this project.

Further information at: www.emib.org.au/

*A Community Service project by your
Ambulance Service and local Rotary Club*

**This Book Could
Save a Life**

Our speaker tonight.

We welcome tonight Ross Solly, Breakfast Presenter ABC 666 2CN who will speak on the subject "Vagaries of the morning announcer".

*Thanks to Raven Reporter Gary Scott
Club News*

Inner Wheel fund-raising concert: Peter Evans (with a call to arms) asked Rotarians to support Inner Wheel by attending the *Kidz Hope Concert* on Saturday 31 May at 6.00pm at the Wesley Uniting Church 20-22 National Circuit, Forrest (Cost: Adults \$25, Concession \$20, students \$10 & under 12s free). Concert finishes at 8pm when a free supper will be served. Several Rotarians noted their interest and others made a donation. Inner Wheel helps us from time to time – let's return the compliment!

Ian Excell: Ian is now at home, and would welcome visitors.

Award for Dylis McConnell-Hunt: Dylis, wife of PP Rex Hunt, and the club's recipient of the 2006 Bruce Drake Community Service Award, was a finalist in this year's NRMA 'ACT Volunteer of the Year' Award. She was nominated by RDA Pegasus. She received both a Certificate of Recognition and a Special Commendation (Sport & Recreation). Congratulations Dylis.

Rotary Western Desert Project - comments needed: President David tabled the colour-rendered perspectives for the blue house restoration at Kintore. He requested that members provide any feedback to him as quickly as possible.

Ambulance for Nashik health centre, India: Bish Mukerjee informed the Club that the joint project with the Indian Club of Nashik had been successful in raising the funds to purchase an ambulance for Nashik medical centre using US\$2000 from both Clubs coupled with RI Matching Grants. The Club congratulated Bish on his successful progress with this project.

Last week

Acting Sergeant Neale Emanuel opened the meeting with Rotary Grace and a tuneless National Anthem. The meeting was then handed over to President David Fox.

Keynote Speaker Dr Jim Clough, President, Prostate Cancer Support Group (ACT Region) spoke very passionately about prostate cancer. He initially stated that not all prostate problems ended in cancer, but there are still many prostate issues that may require medical attention.



Prostate issues can be monitored by digital rectal examination (several members winced at this point) or blood test (i.e. measuring PSA). There are several methods of treatment and new or modified procedures are being published regularly. Common treatments include surgery (several forms), radiotherapy (several forms), brachytherapy, and hormone therapy.

Dr Clough provided some information as to the number of men in the UK, USA, Canada & Australia that were diagnosed with prostate cancer but during question time he noted that those numbers may not be accurate. Definitive causes of prostate cancer are not known at this stage but things such as diet, radiation & genetic background have been considered.

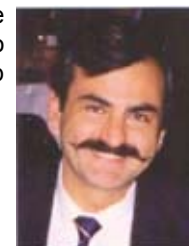
Sadly there are many common myths and many men fail to adequately monitor their prostate. The risks are low for men under 50 but the probability increases after that

until it reaches 50% at 75 years. Dr Clough strongly encouraged members to watch for symptoms, consult with their GP or urologist, and to undergo appropriate tests that aid in the detection of potential problems. It was noted that only some 15% of Australian men over 50 have such tests yet more men are dying from prostate cancer than women from breast cancer

ALL MEMBERS ARE ENCOURAGED TO SERIOUSLY EXAMINE THIS ISSUE. Further information can be obtained by using Google to find a reputable medical site for further details.

Board for Rotary Year 2008-09

President-Elect Shukry Sahhar has finalised his board for the forthcoming Rotary year – it is below. The list reflects our continued commitment to the traditional Rotary Avenues of Service, and also emphasis on specific fields that the Club needs to concentrate on as described some weeks ago. It also reflects changes in the list of those willing to undertake these Club management roles from the time of the AGM last November.



Shukry Sahhar:	President
David Fox:	Immediate Past President
Keith Avent:	Secretary
Noel Hart:	Treasurer
John Widdup:	Director, Club Operations / Membership Development
Bernadette Cappello:	Director, Community Projects / Public Relations
Norma Donaldson:	Director, Vocational Service / Internal Leadership Development
Neale Emanuel:	Director, International Projects & Rotary Foundation
Alec Philip:	Director, Youth Development

Important dates for your diary

80th Anniversary RC of Canberra Changeover Dinner 13 June: 6.30 for 6.45pm, Commonwealth Club, RSVP 31 May to Helen Moore GPO Box 2631, Canberra 2601, \$80 per head

Our club Changeover 25 June: Be there, with your partner and/or friend, for President-Elect Shukry Sahhar's take-over of the reins of power.

District Changeover Sunday 29 June at Hellenic Club: President David would like to see our club effectively represented there to thank outgoing DG Bernie Rodgers and welcome DGE Phil Mewett to this post. Registrations can be arranged on the net at: www.d9710.rotary.org.au/payments/changeover.

Changeover Rotary Club of Mitchell-Gungahlin 5 July: An opportunity to support a new club. This will be at Gungahlin Lakes Golf Club at 12.30 for 1pm. Cost is \$30 per head payable at the door. RSVP to Robbie Jobson at rjobson@capitalradio.net.au

Presidential Membership Conference 11-13 July, "Rotary 2020: The next Generation": will be held in Canberra, a first for Australia. The incoming RI President Dong Kurn Lee of South Korea will be attending. An important world-wide Rotary event.