

**Rotary Clubs of Sale**www.rotaryclubofsale.org.au**Rotary District 9820**

Incorporated

TUESDAY 3RD MAY 2022
SPEAKER – JOHN CURRAN
PROSTATE CANCER SPECIALIST NURSE



John Curran being thanked by President Philip

John Curran has had a very interesting life and career in nursing. He has worked in London, Waterford and Dublin in Ireland, in the Middle East, The Netherlands, and at various hospitals in Australia in areas as diverse as psychiatry, eye surgery, remote and community nursing, and Accident and Emergency. In more recent times he has undertaken specialist training in Prostate Cancer Nursing. He has been working at CGHS for five years where he is the Prostate Cancer Specialist Nurse.

He has been in Australia since 1987 and has four adult children. He is a keen guitar player and singer who plays around Sale, but also busks in Melbourne in his spare time.

John talked about the role and function of the Prostate, and about prostate cancer treatment which is usually surgery or radiotherapy, but which could also be active surveillance. The problem with treatment is that often there has already

been undetectable spread of cancer cells before the treatment (which will lead to spread and recurrence of cancer), and that the treatment often leads to distressing side effects.



Michael Page introduces our speaker as Adrian Rijs, Philip Davis, John Curran and Sandra Houghton listen

The first couple of years with prostate cancer are usually dominated by treatment and visits to medical specialists. John's job really starts after this time. Mental health is a big part of his job. Men with prostate cancer have a 74% increase in suicide c.f. the general population.



Adrian Curran speaks with passion

He conducts distress screening to check on mental health, and ascertains where help is needed in areas including erectile dysfunction, incontinence, treatment side effects, decision making, and much more. He had a wide range of information sheets.

John said that no man should be tested for prostate without first being counselled about potential harms and benefits. Some of the issues that would guide a decision about testing include family history, age, African American heritage.

17% of men with prostate cancer die of it, but much more commonly die of other things. He answered member's questions before being thanked.



Ted Pickering

Kylie Anne Rich won the raffle. Philip Davis gave an update on the Wetlands Trail, including that the planning application has been lodged. Reminders were issued about the Changeover Dinner, and next week's resumption of the AGM. Sandra Houghton won heads and tails.

**Invitation to the Rotary Club of Sale Changeover Dinner
in the presence of 9820 DG Bill Degnan and Judy**

TUESDAY 7TH JUNE 2022

**AT THE WINNING POST FUNCTION ROOMS
AT SALE GREYHOUNDS CLUB
6 FOR 6.30PM.**

Meals and prices as per Bistro menu, drinks at bar prices

RSVP TO ADRIAN BY 31ST MAY



**Happy Birthday to Mike Smith 7th May, Rachel Strauss 17th May,
Keith Miller 24th May and Kerry McMillan 26th May**



**The Rotary Club of Maffra was officially chartered
on 29th May, 1947**

**President and members of the Rotary Club of Sale
are cordially invited to attend the Rotary Club of Maffra
75th Anniversary Luncheon**

**At Duart Homestead, 20 McLean St Maffra
on Sunday 29th May, 2022
at 12 noon for 12.30pm**

\$40- per person, drinks at bar prices

RSVP by 22nd May, 2022

To Secretary, Helen Lanigan 0409 030 918 helenlanigan@bigpond.com

Payment can be made by EFT to:

Rotary Club of Maffra BSB: 633 000 Acc. No. 119 707 511

Reference: 75 your name

FUTURE MEETINGS and EVENTS:

**Tuesday 10th May, 6pm Greyhounds Club, club night and resumption of
AGM.**

16th May onwards- Giant Rotary Book Sale

Trevor Watt is organising the great, big Book Sale which will be set up on 16th & 17th May and start selling on 18th May. We will be selling three year's supply of books that are no longer needed by the Wellington Shire libraries. This will be held at the Show Grounds. Let Trevor or Keith know if you can help.

Sunday 29th May, Maffra 75th Anniversary Dinner

Tuesday 31st May- no meeting

Tuesday 7th June, Changeover Dinner

Any queries re future meetings contact Adrian: Mob. 0408 517 062 (Text or call) Email arijs47@gmail.com

Please send Bulletin contributions to Sandra at sandrah@vic.australis.com.au by 12th May

***Next Rotary meeting- Tuesday 10rd May 2022
at Sale Greyhounds at 6pm
book with Secretary Adrian Rijs by noon Tuesday***

| Last Name | First Name | Spouse/ Partner |
|-------------------------------|-------------------|------------------------|
| Adams ^{PP} | Colin | Clare |
| Burgess | Lisa | Paul |
| Callinan | Gerard | Jenny O'Neill |
| Cartledge ^{PP PHF} | John | Liana |
| Castle | John | Pam |
| Davis ^{Pres PHF} | Philip | Elizabeth |
| Dyer ^{OAM PP PHF} | Graeme | Alida |
| Exton ^{PP PHF} | Rod | Gillian |
| Henwood ^{PP PHF} | Jeanette | |
| Houghton ^{PHF} | Sandra | |
| Hutchinson | Elizabeth | Alan Lewis |
| Jeremiah | Laurie | Helen |
| Lewis ^{PP PHF} | Alan | Elizabeth |
| Mani ^{PP} | Raj | Tracey |
| | | |
| McKimm ^{PP} | Robert | Kathy |
| McMillan ^{PHF} | Kerry | Don |
| Miller ^{PHF} | L. Keith | Gwen |
| O'Brien | Danny | Vicki |
| O'Connor | Nicole | Patrick |
| Page ^{OAM PP PHF} | Michael | Jan |
| Pickering ^{PP} | Ted | Margaret |
| Rijs ^{PP PHF} | Adrian | Louise |
| Ripper ^{PP PDG PHF} | Don | Jude |
| Ross ^{PHF} | Neil | Maree |
| Smith ^{PHF} | Mike | |
| Smolenaars ^{PP PHF} | Daniel | Norissa |
| Smyth ^{PP PHF} | Laurie | Jill |
| Strauss ^{PP PHF} | David | Rachel |
| Strauss ^{PP} | Rachel | David |
| Thomas | Jenni | |
| Tulloch ^{OAM PP PHF} | David | Judy |
| | | |
| Versloot ^{PHF} | Andy | Debbie |
| Watt ^{PP} | Trevor | Liz |
| Webb | Carmel | |
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