



SERVICING THE
LOCAL COMMUNITY



The Rotary Club of Warrandyte Donvale (Inc)

Club Bulletin

Date: 7th July, 2024



A NOTE FROM THE Editor

It was a rather depleted club which met last Tuesday at the Grand Hotel in Warrandyte – due to the high number of travellers and illness among club members. There were nine present including our guests Jill Woolacott and PP Graeme Woolacott from the RC of Glen Waverly, and Tony Cull. It was good to welcome Ian Thomlinson back from his travels to Europe with Micki and to have Past AG Olive Aumann join us as a fully fledged member of our club!

Apologies: David and Marg George (travelling), Judy Hall(sick), Stephen Ennor (travelling), Liz and George Guiver, Louise Latimer, Bob McKenzie (sick), Tony Mooney (sick), Derek Bradshaw, Frank Molinaro, Serge Riviere (Happy birthday!), Reg Ellery and Colin Hall.

We wish Bob McKenzie well with his forthcoming operation and hope he has a good recovery and we see him back on deck soon.

Reports:

President Rob Edwards reported that all the roster spots for the Warrandyte Riverside Market were filled. The local SES will do the Stiggants Road shifts this market but unlikely to continue. Rob will attend the Changeover function for Rotary Manningham City on Sunday for lunch.

Youth: Olive Aumann reported that Derek Bradshaw had received an email from Warrandyte High School about the possibility of the students getting more involved in community projects. Olive will be looking at setting up an Interact Club at the WHS in the near future so that will dovetail nicely with the request from WHS which has some 35 students wishing to participate in volunteering opportunities.





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Guest Speaker: Graeme Woolacott

Graeme is well qualified as he has 40 years' experience on the District Foundation Committee! That is a huge effort by anyone's estimation. He has been a RIPPA (Rotary International President Personal Representative) in Indonesia where he has a long history and was involved in coordinating Foundation in two Indonesian Districts.



GRAEME'S PRESENTATION IN FULL

"I thank the Rotary Club of Warrandyte-Donvale for the opportunity of being able to speak about a proposed Global Grant through The Rotary Foundation to address the incidence of Cervical Cancer in one part of Indonesia, specifically around the area of Semarang in Central Java.

Semarang is the 9th most populous city in Indonesia with a population around 1.6 million people and it is the Capital of Central Java which has a population of 32+ million people.

The rural area around greater Semarang takes the population up around 3 million and most if not all of the testing shall be in the surrounding villages.

*With a Global Grant there is the Sponsor Club and an International Partner. The sponsor club is the **Rotary Club of Semarang Kunthi**, which is an **all-female Club**, and the last time I did my reading was the **largest Rotary Club in D3420**.*

The Rotary Club of Glen Waverley has had two other Global Grants sponsored by Semarang Kunthi, a mobile dental clinic and a mobile library. Both are running successfully and meeting all criteria put forward in the proposals.

So that is a little background on the set up of the proposal. The grant is suggesting that on a six-monthly rotation they shall be able to do intervention on between 500 and 1000 females.

Initially the project was estimated at US\$50,000.00 and is still to a point being tweaked as to the final cost.



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D9815 is putting in US\$12,000.00 of DDF and the Rotary Club of Glen Waverley is committed for at least US\$10,000.00.

So a little about cervical cancer and I must declare I have no medical training, so I act as a facilitator to assist those who call out.

Cervical cancer (CC) is the fourth most common cancer in women worldwide and one of the most common cancers in low- and middle-income countries (LMICs).

In 2018, 84% of all new CC diagnoses as well as 90% of CC-related deaths affected women in LMICs.

Reproductive cancers contribute to the rising burden of chronic diseases worldwide, which disproportionately affect LMICS in particular Southeast Asia.

In addition, three times more women die from reproductive cancers than women die from childbirth complications every year. In Indonesia, chronic diseases including cancer, dominate the country's mortality rates and contribute to 73% of all deaths.

Women in LMICs die disproportionately from reproductive cancers compared to women in high-income countries due to lack of access to cost-effective and life-saving interventions.

Many Low-Middle Income Countries also struggle with inadequate and fragmented health systems ill-equipped to attend to the screening needs of all women, further reinforcing the disadvantage and cycle of poverty already experienced by vulnerable women.

Cervical cancer develops in a woman's cervix. Almost all cervical cancer cases (99%) are linked to infection with high-risk human papillomaviruses (HPV), an extremely common virus transmitted through sexual contact.

How serious is cervical Cancer?

The 5-year relative survival rates for cervical cancer are as follows: When cervical cancer is diagnosed at an early stage, the 5-year relative survival rate is 91%. When cervical cancer is diagnosed after it has spread to nearby tissues, organs, or regional lymph nodes, the 5-year relative survival rate is 60%.²⁷ Apr 2023

Early signs of cervical cancer

Vaginal bleeding that occurs between menstrual periods or after menopause. Vaginal discharge that is thick, odorous or tinged with blood. Menstrual periods that are heavier or last longer than usual. Vaginal bleeding or pain during sexual intercourse.

What are the symptoms of advanced cervical cancer?



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Symptoms of advanced cancer may include back pain, bone fractures, fatigue, heavy vaginal bleeding, urine leakage, leg pain, loss of appetite, and pelvic pain. If after having a Pap smear, the doctor finds abnormal changes on the cervix, a colposcopy can be ordered.

How long can someone have cervical cancer without knowing?

Cervical cancer develops very slowly. It can take years or even decades for the abnormal changes in the cervix to become invasive cancer cells. Cervical cancer might develop faster in people with weaker immune systems, but it will still likely take at least 5 years. 20 Sept 2021

What age is common for cervical cancer?

Cervical cancer is most frequently diagnosed in women between the ages of 35 and 44, with the average age being 50. It rarely develops in women younger than 20. Many older women don't realize that they are still at risk of developing cervical cancer as they age. 17 Jan 2024

Rate of cervical cancer in Indonesia

According to data from the 2021 Indonesia Health Profile, cervical cancer ranked second after breast cancer, with 36,633 cases or 17.2% of all cancers in women. This number has a high mortality rate of 21,003 deaths or 19.1% of all cancer deaths. 29 Aug 2022

At least 50 Indonesian women are estimated to die each day from cervical cancer, representing more than half of all Indonesian women diagnosed.

The testing and screening method that shall be used is called Visual inspection of the cervix with acetic acid (VIA) is an effective, inexpensive screening test that can be combined with simple treatment procedures for early cervical lesions, provided by trained health workers.

It is invasive and has been totally phased out here, but it works.

Indonesia is bringing in the immunisation that we widely use and probably the PAP test and DNA HPV in some of the greater population centres.

But the way that I see it is that any test is better than no test at all. Indonesia is a third world country, has the largest Muslim population in the world and needs our help as concerned global citizens who by chance wear a Rotary pin. I commend the project to you as I commend the support of The Rotary Foundation by all Rotarians and Rotary Clubs because if nothing goes in the simple equation is that nothing comes back out for us to utilise within our local communities and our international partners.



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UPCOMING PROGRAM

Tuesday 9 th July	<i>No meeting</i>
Tuesday 16 th July	<i>Meeting at Now and Not Yet</i> Guest Speaker: Prof. Serge Riviere “Man Behind the Badge” – Serge will give us some insights behind his fascinating career in Mauritius, Ireland, Canada and Australia. Chair: Don Kinner
Tuesday 23 rd July	<i>Board Meeting –</i>
Sunday 28 th July	
Tuesday July 30 th	<i>Fellowship Night at The Coach Hotel, Ringwood.</i> <i>RSVP Louise Latimer</i>
Saturday 3 rd August	
Tuesday 6 th August	<i>Club Meeting at The Grand Hotel Warrandyte</i> Guest Speaker: Dr Sam Aruna – will talk about his volunteer work treating underprivileged communities in Sri Lanka which he visits regularly to work with orphans and others. Sam’s speciality in Australia is drug and alcohol rehabilitation. He is a very community minded citizen, parent of a scout who helps out at the Tunstall Market. Chair: Kevin Hall
Tuesday 13 th August	<i>No meeting</i>
Tuesday 20 th August	<i>Club Meeting at Now and Not Yet Café, Warrandyte</i> <i>6.30 for 7pm</i>



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	<p>Guest Speaker: Peter Johnson: Cyber Security – this will be an open forum with most of the night taken up with the topic. Peter will talk about cyber attacks and how criminals work, good practices for personal security and tips for work, children & family members.</p> <p>Chair: Colin Hall</p> <p>Please advise Rob of attendance for catering purposes as there may be extra people for this session.</p>
Sunday 25 th	
Tuesday 27 th August	<p><i>No meeting</i></p>





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REPORT ON SIPHO'S STARS



HELP CT
LIMITED
ACN 616648223



GIVEN SO FAR: \$11,000

TARGET: \$19,682 This combined with a small amount held from 2023 will enable Uyesu Unathi to compile 2,000 packages.

SHORTFALL: \$ 8,882 Whatever we can send will help, but naturally we want to do the most we can

THREE WAYS TO HELP

GIVE: If you have not yet done so and would like to, donations are open until July 31.

Scanning the QR codes on the adjacent graphic will

1. take you to the website explanation with pictures and giving instructions.
2. opens up the video. For those who can't scan the QR code, this is the [video link](#):

Sipho's Stars
JUST \$ 11

provides a Christmas gift for a child in need in Khayelitsha Township, South Africa

[http:// helpct.org/siphos-stars](http://helpct.org/siphos-stars)

SCAN THE QR CODES
L= WEBSITE & GIVING INFO. R =VIDEO