

Coffs City Rotary



ABN 92 963 118 216 District 9650

Secretary – Fiona Thwaites on 0459497070 - PO Box 570, Coffs Harbour 2450 NSW

Club President – Terry Maguire District Governor – Ian Jackson RI President – John F Germ

Meeting Place – Cex Coffs Harbour

Monday Lunchtime

12.30 - 1.45 pm

Apologies – FWO – 6650 7000 by 10.30 am Monday

COFFS CITY CHATROOM

October 24, 2016

TODAY: With 13 members present, and two guests, President Terry commenced the meeting.

Bob Carle read Thanksgiving and **Geoff Pollack** proposed the Toast to the Queen and Australia.

Our guests today were Phillip Chadwick visiting from the UK where he is a member of the Rotary Club of Skipton, near Leeds and Manchester. Our other guest was our speaker, Paul Killey, from Mid Coast Area Health Service. President Terry welcomed them both

Bernard Spry was missing so there was not an International Toast.

REPORTS:

Mike Blewitt commence the reports today. The **B.I.G. Charity Golf Day** preparations are going smoothly.

The duty roster for the day is:

John Walker – Banker and observer for the 'Hole in One' - 8th Green

Coleen Hull, Helen Corcoran & Lee-Ann Brown - 'Hole in One' - 8th Tee

Bernard Spry – BCU Water – 12 Tee

Stan Paull – NTP – 17th hole

Bob Carle – NTP – 17th hole - with cart

Dom Hawke – photographer – with cart – roving

George Cecato and Bruce Robertson– reduction raffle – with cart – roving

If by chance you are unable to attend on the day please let Mike Blewett know.

Brian Leiper advised that the opening night for the new exhibition at the Bunker 'Horse Power', was a great success. He thanked members Bernard Dowling, Terry Maguire and Kris, Peter Wardman and Madeleine and Bob Carle for supporting the night. Brian encouraged members to get along and see the exhibition.

Bob Carle advised that the next Fellowship night will be held at the Coffs Harbour Golf Club on Friday, 4th November. Confirmation on this to come.

Bob is also seeking ideas on the **club's next Vocation Visit**. If you have an idea please speak to Bob.

Don't forget the Club **Christmas Party** is to be held on **Monday, 12 December**, in the evening, at the C.ex. There will not be a meeting on that day. Please mark this date in your diary now.

John Walker advised members that he is holding two raffle books relating to the fundraising being undertaken by the District governor's wife as her '**Partners Project**'.

If you have not already done so please see John and make a purchase and help in this worthy cause.

Graham Lockett informed members on the current position with regard to the **Coffs Coast Cycle Challenge**. Graham advised that Judy Smith is unable to continue on in the role of Event Manager next year. Due to this change Graham advised that the Cycle 'committee' is to have a meeting with Village Sports, Sinclair Black and Mick Mayle, to see if that group are interested in taking over the event. Graham emphasised that this issue has to be sorted out by the end of November. More on this later.

President Terry then called on Mike Blewitt to introduce Paul Killey from the Mid North Coast Cancer Institute.

Paul commenced by informing us on his background. He currently lives in Coramba, is married and has two boys, 7 & 8. He has worked in Sydney as a physco and in several locations around the state. He also lived and worked in the UK for a period.

Paul was here to tell us about the 'Delphin Moist Meter'. This is the piece of equipment that we have agreed to purchase, on behalf of the Cancer Institute, from the proceeds of the B.I.G. Charity Golf Day.

Paul informed us about lymphedema. Here is an extract from Wikipedia.

Lymphedema affects approximately 140 million people worldwide.^[1]

Lymphedema may be inherited (primary) or caused by injury to the lymphatic vessels (secondary). It is most frequently seen after [lymphnode dissection](#), [surgery](#) and/or [radiation therapy](#), in which damage to the lymphatic system is caused during the treatment of cancer, most notably [breast cancer](#). In many patients with [cancer](#), this condition does not develop until months or even years after therapy has concluded. Lymphedema may also be associated with [accidents](#) or certain diseases or problems that may inhibit the lymphatic system from functioning properly. In tropical areas of the world, a common cause of secondary lymphedema is [filariasis](#), a parasitic infection. It can also be caused by a compromising of the lymphatic system resulting from [cellulitis](#).

While the exact cause of primary lymphedema is still unknown, it generally occurs due to poorly developed or missing lymph nodes and/or channels in the body. Lymphedema may be present at birth, develop at the onset of puberty (praecox), or not become apparent for many years into adulthood (tarda). In men, lower-limb primary lymphedema is most common, occurring in one or both legs. Some cases of lymphedema may be associated with other vascular abnormalities.

Secondary lymphedema affects both men and women. In women, it is most prevalent in the upper limbs after breast cancer surgery, in particular after [axillary lymph node dissection](#),^[2] occurring in the arm on the side of the body in which the surgery is performed. In Western countries, secondary lymphedema is most commonly due to cancer treatment.^[1] Between 38 and 89% of breast cancer patients suffer from lymphedema due to axillary lymph node dissection and/or radiation.^{[1][3][4]} Unilateral lymphedema occurs in up to 41% of patients after gynecologic cancer.^{[1][5]} For men, a 5-66% incidence of lymphedema has been reported in patients treated with incidence depending on whether staging or radical removal of lymph glands was done in addition to radiotherapy.^{[1][6][7]}

Head and neck lymphedema can be caused by surgery or radiation therapy for tongue or throat cancer. It may also occur in the lower limbs or groin after surgery for colon,

ovarian or uterine cancer, in which removal of lymph nodes or radiation therapy is required. Surgery or treatment for prostate, colon and testicular cancers may result in secondary lymphedema, particularly when lymph nodes have been removed or damaged.

The onset of secondary lymphedema in patients who have had cancer surgery has also been linked to aircraft flight (likely due to decreased cabin pressure or relative immobility). For cancer survivors, therefore, wearing a prescribed and properly fitted compression garment may help decrease swelling during air travel.

Some cases of lower-limb lymphedema have been associated with the use of [tamoxifen](#), due to the blood clots and [deep vein thrombosis](#) (DVT) that can be caused by this medication. Resolution of the blood clots or DVT is needed before lymphedema treatment can be initiated.

Paul told us that the Delphine equipment measures the amount of fluid under the skin which can accumulate if the lymph system does not do its job due to, mainly, cancer surgery. Paul specializes in dealing with patients with head and neck cancers. Build up of fluid in these areas very difficult to detect without this equipment. It can also determine the difference between oedema and other types of swelling. By regular monitoring Paul can identify problems and appropriate treatment can be considered. Paul then demonstrated the use of the machine on several of those present, John Walker, very dry, I guess that is the life of an accountant, Graham Lockett, 'a little dry', he is from NZ. John Donaldson, said to be normal???

President Terry thanked Paul for his very informative presentation and proposed a vote of thanks from those present.

NEXT MEETING: To be held at the usual venue on 31st October.

SERGEANTS SESSION. **Ian McAllister** is on the Gold Coast for a few weeks however **Ross Paul** took over with the help of Bob Carle. I don't think anyone was spared. Well done Rosco and Bob.

The raffle was held and won by Peter Warman. With so many cards still in the pack lady luck was not with Peter.

The Pot is now back to \$15.00.

CLUB NOTICES

6 November – B.I.G. Charity Golf Day

30 October – Graffiti Day being organised by Rob Anderson, Coffs Rotary

17-20 November – World Rally Championship

5 December – Club A.G.M.

12 December – Club Christmas Party, C.ex

District Notices

26 February to 27 March 2017 – GSE Team from Germany coming.

24 – 26 March 2017 – District Conference, Laurieton

10 – 14 June 2017 – RI Convention, Atlanta, USA

BIRTHDAYS

3 November – Jeannie Kingdom
4 November – Brian Leiper
10 November – Sheryl Carle
14 November – Paul McKeon
16 November – Helen Blewitt
24 November – Madeleine Wardman
26 November – Sue Morgan (Paul)

ANNIVERSARIES

26 October – Graham & Carolyn Lockett
3 November – Brian & Judi Leiper
11 November – Des & Jeannie Kingdom
28 November – Peter & Kath Lindsay
29 November – Jay & Leigh-Erin Clowes

PHOTO GALLERY



Paul Killey and Eddie Chau