



**September 15 Guest Speaker –Dr. Craig Barkley
Enlarged Prostate and Prostate Cancer**

Prostate cancer is the leading cause of death in men and is the leading cancer found in men.

Detection, by PSA's (Prostate Specific Antigen) and rectal exam, are the best way to find problems with the prostate.

Breast cancer in women and Prostate cancer in men are related. Mothers can pass down the gene for prostate cancer to her sons and fathers can pass down the gene for breast cancer to his daughters.

Physicians recommend that prostate cancer screening be discussed with all men over age 50 and with high-risk men -- that is, black men or any man with a family history of prostate cancer -- over age 40 to 45.

Stages of Prostate Cancer:

Stage 1 – Cancer is localized in the prostate only, with no pain or feeling.

Stage 2 – Cancer can be felt by a rectal exam

Stage 3 - Cancer is spread from prostate to the surrounding cells.

Stage 4 - Cancer has spread to another organ, i.e. the bladder, etc.

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**Today's Agenda
September 22, 2009**

**Invocation – John Freeborn
Pledge of Allegiance
Joke of the Day – Sallie Parks
Introduction of Guests
Happy Bucks and 50/50
Announcements**

Club Assembly

Upcoming Speakers

- | | |
|-------|---|
| 9/29 | Marilyn Browne
Pinellas Education Foundation |
| 10/6 | John Cullen
Project Pup |
| 10/13 | Dr. Kate Allen
Breast Cancer |

Upcoming Joke of the Day

- | | |
|-------|-------------|
| 9/29 | Earl Tapley |
| 10/6 | Cheryl Wade |
| 10/13 | Gus Evans |

Upcoming Invocations

- | | |
|------|----------------|
| 9/29 | Kristin Howard |
|------|----------------|

Continued from page 1 – Dr. Craig Barkley

Gleason Grading in Prostate cancer: Physicians use the term "grade" to describe the appearance of thin slices of cancer tissue when it is observed under a microscope. In the case of prostate cancer tissue, the most common system used in the USA to grade the appearance of this tissue is called the Gleason grading system, after the physician who first described this system.

Treatments:

- Hormone therapy
- Radiation
- Cryosurgery
- Radical Prostatectomy – described by Dr Barkley as the “Gold Standard”.

Up until 19 years ago the only option was “open surgery”, then laparoscopic surgery was introduced and now there is also robotic surgery.

In 2004 Morton Plant/Mease Hospital purchased their first Robot. There are now 2 Robots – one at Morton Plant and the other at Countryside Mease.

With the Robot, the ability to have higher magnification, increased dexterity, larger area of exploration, better cut off of blood vessels (no bleeding) during surgery, less scaring, decreased pain and shorter hospital stay - have made the statistics for survival vastly improved.

With open surgery, men had a 60% chance of not being incontinent and with Robotic surgery the percentage is 97 to 99%

With open surgery there is a 25% return of the cancer but with the robotic surgery the percent is down to 11%.

Summary of 9/15 Meeting

GUESTS:

Joan Tobiason
Dr. Welch Agnew – Dunedin North

HAPPY BUCKS:

- Jeff Rhoads gave his Happy Buck in thanks that he is Dr. Credit, not a surgeon.
- Ted Hobbs’s Happy Buck was to announce that he and Agatha are moving.
- Dick Pritts announced that he is a granddad for the 2nd time.
- One of our resident UF fans, Ken Rejko, gave his buck for the University of Florida vs Tennessee game. FI was a 29-point favorite but squeaked by with a 23-13 win in the SEC opening game.

DRAWING:

The winning ticket was held by State Representative, Tom Anderson, Emeritus. Sorry Tom, maybe next time you’ll pull the winning card, but you still collected \$10.

ANNOUNCEMENTS:

- Jeff Rhoads announced that the Blood Drive is next week. Please bring friends and co-workers.
- Jeff has sent the Joke sign-up sheet around, to fill the empty spaces.
- Ken Rejko has sent the sign-up sheet around for the social on October 10th at Honeymoon Island State Park. This meeting will replace the meeting on October 20th.
- President Carole announced that the District is hosting a cruise to Cozumel on Memorial Day weekend. The cost of \$400 is all-inclusive.

BUILDING PEACE, ONE ACT AT A TIME

By Arnold R. Grahl
Rotary International News
14 September 2009

Lisa Monette knew she wanted to do something for her class project that would have a lasting impact.

Monette, a [Rotary World Peace Fellow](#) at Chulalongkorn University, joined forces with three other peace fellows who were thinking along similar lines. Together, they dreamed up A Million Acts of Peace, an effort they launched online 27 August to encourage one million people to carry out one act of peace each.

"The idea sort of grew out of the thought that people can do little things that may not mean that much," Monette says. "But if you have a million people doing little things, you can have a big impact."

Monette's collaborators include Gregorio Hernandez Jr., a major in the Philippine Army; Raseema Alam, a peace-building trainer and consultant from Canada; and Virender Singh Malik, a retired Colonel from India. All have now completed the three-month program. In addition to the [Web site](#), the peace fellows created a page on Facebook and are heavily promoting their effort through Twitter.

Their Web site defines an act of peace as "anything you do to further your understanding of another person, place or culture." It can also include efforts that help the vulnerable, outcast, or needy. So far, Monette says the group has tallied about 150 acts of peace, counted as people e-mail them or contact them via Facebook.

"Communication really is the key to preventing conflict. And dialogue is the key to solving conflict," she adds. "If we can get people talking and working together with others, we have achieved our goal."

Monette was sponsored for the Rotary World Peace Fellowships program by the Rotary Club of Ottawa, Ontario, Canada. She took a short leave from her job as a spokesperson for the Canadian Department of Foreign Affairs and International Trade, specializing in issues related to Asia and terrorism and security worldwide. She says her grandfather was a Rotarian, and her father, aunts, and uncles participated in the [Rotary Youth Exchange](#) program. As a high school student, she took part in a [one-week program](#) sponsored by the Rotary Club of Ottawa that brings students to the Canadian capital to teach them about citizenship and develop their leadership skills.

"I fell in love with Ottawa," says Monette, who attended Carleton University to earn a degree in communications and political science.

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She says she and her collaborators hope to hit their mark by the end of the year. But she admits she won't be terribly disappointed if they fall a bit short of their target: "To get so many people thinking about peace to us is the most important thing."

They are taking their message to Rotary clubs and districts to solicit as much help as possible.

"We really think this has a good connection to Rotary," she says. "It fits with Rotary's values. Rotary is all about peace."

REPRINTED FROM ROTARY WEBSITE.

You may recall our Club Visioning program in July and the adopted Vision Statement is posted on our club website at www.dunedinrotaryclub.com. Your Board had planned a "follow up" goal setting program for September 21st. at Melissa McCormick's home. Unfortunately, that program will be postponed until after the first of the year and perhaps in January 2010. This change will allow more planning time and also can include our winter members to participate in setting our future Club goals.

Please email or call Carole if you have any questions or wish to discuss the goals prior to the session.