

SOUTH WIND

Charter Granted 7 August 1961

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No. 2583
17th July 2015

Today's Topic:

"PEACE FELLOWS FROM THE ROTARY PEACE CENTER AT CHULALONGKORN UNIVERSITY – DIMITRIA CLAYTON (USA), FLORINGTON ASEERVATHAM (SRI LANKA), TEMPLER OLAIYA (NIGERIA), THIRSA DE VRIES (THE NETHERLANDS)"

MEETINGS :
EVERY FRIDAY
AT NOON

DR. MIKE MORTON: DR. BARRY MARSHALL'S BRAVE QUEST TO CURE ULCERS

By Frank Timmons

On Friday afternoon, 10 July, RCBS was once again privileged to enjoy another entertaining and enlightening presentation by Dr. Mike Morton. Dr. Mike presented a fascinating story about Dr. Barry Marshall's brave quest to cure duodenal ulcers.

Duodenal ulcers are a global medical problem, and unlike many medical conditions, are consistently prevalent across both geography and gender. In nearly all countries, approximately 10% of both males and females suffer from such ulcers during their lifetime.

Duodenal ulcers commonly lead to serious complications including vomiting, can require emergency surgery, and can lead to cancer. Classical treatments included a very bland diet, which was the gold standard treatment for more than 70 years despite the fact that it neither effectively treated nor cured ulcers.

In 1968 medical science "confirmed" that ulcers were primarily caused by stress, effectively blaming ulcer victims for their disease. Interestingly, this confirmed medical fact was in fact completely wrong.

Pharmaceutical companies developed a number of drugs to treat ulcers, including H2 blockers such as Tagamet and Zantac. These drugs reduced acid production, which reduced the patient's discomfort, but didn't heal or cure ulcers. Ulcer symptoms returned promptly whenever these drug therapies were discontinued. Such treatment protocols, which effectively required lifetime treatment with little or no hope for cure, were an economic bonanza for the drug companies.

Dr. Marshall, at age 29, had no prior training in stomach disorders, and Gastro Intestinal (GI) was his weakest subject in medical school. Essentially, Dr. Marshall was inadequately educated to accept the medical



community's consensus that bacteria couldn't possibly be responsible for causing ulcers, because bacteria couldn't survive in the hostile stomach environment.

Dr. Marshall, relying on his own scientific observations and analysis, thereby determined that a curved and spiral shaped bacteria frequently found in the stomach mucus of ulcer patients might actually be capable of surviving in the stomach environment and thus be responsible for causing ulcers.

Despite widespread rejection of his theories, Dr. Marshall persevered with his research. He suffered through widespread derision and scorn. At one point, Dr. Marshall needed a human volunteer to scientifically demonstrate that his HP (Helicobacter Pylori) Bacteria caused ulcers. He bravely decided to use himself as a guinea pig, and drank a solution of HP bacteria. He developed a duodenal ulcer just as he predicted, and subsequently used his antibiotic treatment protocol to successfully cure himself.

Dr. Marshall shared the 2005 Nobel Prize in Medicine for his discovery of the cause and cure of ulcers. Today his 15 day treatment effectively cures ulcers, ending a lifetime of drug therapy and associated profits earned by drug companies for expensive but ineffective treatments.

Dr. Mike closed by observing that research is 10% inspiration and 90% perspiration, and perhaps we should also recognize a significant dose of determination. He also observed that Big Pharma can be evil.



Visiting Rtns from RC of Sibul, Sarawak, Malaysia



Paul Smith and his host, Rtn Rudy van der Hoeven



P Narain Suradejvibul and Visiting Rtn Tay Wei Lien from RC of Singapore West



Rtn Finbarr O'Connor and his guest, Michael Schilling



Rtn Tim Cornwall with Taishiro Miyayauchi (PP Ishi's son)



Rtn Dean Outerson wins the Cosmos raffle

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ADOPT A BOX

By Rtn Tim Cornwall

Our newest Fund Raising project involves the Collection Boxes now on display and available for adoption and nurturing by any and all Rotarians and their friends.

Each box has been carefully built, lovingly labeled and efficiently numbered and are now looking for good homes where they can be fed a constant diet of coins and notes.

To date, 15 have found good homes with another 85 still in waiting.

per month or even 2,000 Baht a year, that could help us to expand our fund raising by 800,000 Baht a year.

This is why we are pushing so hard at this time. We need the numbers and we need to raise money from people outside the club. It is easy, just ask, put it down somewhere and go back once in a while to collect the money and bring it in to us.

We, Fund Raising and Khun Khob will keep track of the money and let you know how things are going.

Help us to help those in need... **Rotary**

Help us to help those in need...

> SUPPORT FOR THE HANDICAPPED, DEAF AND BLIND

> SCHILD HEALTH AND POLIO PLUS PROGRAM

> LIBRARY KITS FOR PROVINCIAL SCHOOLS

> CLEAN DRINKING WATER FOR SCHOOLS

> EDUCATIONAL PROJECTS IN LOW-INCOME COMMUNITIES

THE ROTARY CLUB OF BANGKOK SOUTH (RCBS)
Chartered on 7 August 1961

One of the largest and most culturally-diverse Rotary Clubs in Thailand

In all seriousness, we have a first batch of 100 collection boxes ready for distribution.

We need help getting them out into the public where they can begin to collect funds.

It would be great if every Rotarian could take one with them for their office, condominium or housing estate office, their favorite restaurant or pub. They are small, very attractive and should easily be recognized for what they are – a charity collection box. With this in mind, we hope to see a lot go out.

800,000 Baht a year with no tears

It is very much a numbers game. We have 104 Rotarians, if each person could help get four out into the public, that would be over 400 boxes. (We can make more very easily.) If every box were to bring in 200 Baht

Introductions please

We also need introductions to companies, stores, large chains would be ideal, Pizza Company, Oishi, MK, S&P, whatever, we have the boxes and we have the means to have money collected on a regular basis. All we need is your introduction, the rest can be done by others.

Last call

We, the Fund Raising Committee need to raise more money. With our very active Service and Foundation Committees filled with hard-working Rotarians, with our club known as the leader in raising and distributing funds, and with a growing need to help those most in need in our community, children and the handicapped, we need to get the boxes out and working for us... Be a gift to the world, be a gift to our club... help us, help others...

dressed
usa - hong kong - taiwan - china - kuwait - thailand

salads, wraps, sandwiches, paninis, pasta, soups, smoothies

Order delivery through:

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franchise Inquiries: info@thesehgalgroup.com

Mercury Ville
540 Ploenchit Road
Chidlom/Langsuwan Intersection
Ground Floor BTS: Chidlom
Open Daily 9am - 10pm
Tel. 02-658-6688

Siam Paragon
991 Rama1 Road
Ground Floor (Opposite MK Gold)
BTS: Siam
Open Daily 10am - 10pm
Tel. 02-610-7714

Empire Tower
Second Floor
Sathorn / Narathiwas Intersection
BTS: Chong Nonsi
Tel. 02-670-1898

ADVERTISING SPACE AVAILABLE

please contact **Khun Khob** at
info@rotarybangkoksouth.org



Khun Khob's Club Almanac #2583

17 July 2015

Happy Birthdays:

Arie Bloed July 17

Wedding Anniversary Greetings:

Michael Bain July 20
CP Chumpol Phornprapha July 21

Attendance for 10th July 2015: 64%

Present 37, Make-up 10, Absent 27, Exemption 30, Total 104

Visiting for 10th July 2015:

From Local

Rolf-Dieter Daniel RC of Bangkok

From Abroad

PP Hii Sui Chevy RC of Sibul, Malaysia
Loh Wei Boon RC of Sibul, Malaysia
PP Peter Chiu Lik RC of Sibul, Malaysia
S.M Kabirhossan RC of Pactoon, Dhakar, Bangladesh
Tay Wei Lien RC of Singapore West, Singapore
Wendell Christoff RC of Lowell, Michigan, USA

Invited Guests:

Dylan Jenkins
PP Graham Brain
Michael Schilling
Oliver M.H. Tillmanos
Paul Smith
Steve Wilson

Introduced by:

Ron Livingston
PP Nick Pisalyaput
Finbarr O'Connor
Ron Livingston
Rudy van der Hoeven
John Casella

Invited Guests:

Taishiro Miyayauchi
Van Tang
Yvan van Outrive

Introduced by:

P Narain Suradejvibul
PP Nick Pisalyaput
Patrick Gauvain

Recent Makeups:

RC E-Club One, 7th July 2015: Thanakorn Telan
RC Bangkok, 7th July 2015: Carol Kuhn, Michael Bain
RC Bangkok, 9th July 2015: PP Mark Butters
RC Yangon, 9th July 2015: Mark Marshall

Makeups:

RC Eastern Seaboard Installation, 25th June 2015:
Tim Cornwall

RC Yangon Installation, 2nd July 2015: Mark Marshall

Fund Raising, 2nd July 2015: Dana Caron, Dougie Riach,
CP Geoffrey Carter, Mark Shaw, PP Nigel Hardy, Prasert
Mangkornkarn, Stuart Lucani, Tim Cornwall

Admin, 7th July 2015: Alastair Timblich, Dana Caron,
Dean Outerson, John Casella, PE Krin Charnmaytesakul,
PP Mark Butters, Stuart Lucani

TRF, 8th July 2015: PE Krin Charnmaytesakul, PP Krit
Wongsaengarunsri, Manu Mekdhanasarn, PP Nick Pisalyaput,
Rod Vegara, Rui Belo, PP Vichai Tantrativut, Yod Tantaranonont

CLUB CALENDAR

Friday, 24th July 2015 – Dr Srilaksana Khoman
"Tackling Corruption" LADIES DAY

Friday, 31st July 2015 – No Meeting: Buddhist Lent Day

Friday, 7th August 2015 – Club Birthday
"National Drinks Day"

Friday, 14th August 2015 – PDG Alex Mavro
"Women in Rotary"

Wednesday 19th August 2015 – Inter-club Delegations to
RC Dhonburi, Narai Hotel at 12.15 pm

Friday, 21st August 2015 – Jake Needham
"When you are a Novelist in Bangkok"

Friday 28th August 2015 – Brian Sinclair-Thompson "Problems
of Aircraft Certification in the Airline Industry in Thailand"

Friday, 4th September 2015 – Rtn Rick Smith
"Developments in Medical research"

Friday, 11th September 2015 – "TBC"

Friday, 18th September 2015 – "TBC"

Friday, 25th September 2015 – Rtn Ola Holmgren
"Adventures at Sea"

Friday, 2nd October 2015 - Oktoberfest at a venue to be
confirmed

Thursday 29th October – Inter-club Delegations to RC
Bangkok, Grand Hyatt Erawan at 12.15 pm

Friday, 30th October 2015 – No Meeting: COINS on SILOM
– Please mark your Diaries

For more information about Bangkok South events contact:
rotarybangkoksouth.org/calendar-of-events

The Crowne Plaza Bangkok Lumpini Park Hotel, 952 Rama IV Road, Bangkok 10500 Thailand
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