



# Canterbury Tales

*Rotary Club of Canterbury*  
PO Box 314 Canterbury VIC 3126  
Website: [www.canterburyrotary.org](http://www.canterburyrotary.org)  
facebook: [www.facebook.com/CanterburyRotary](http://www.facebook.com/CanterburyRotary)



**President - Peter May**  
Mob: 0438 779 553

[president@canterburyrotary.org](mailto:president@canterburyrotary.org)

**Volume 29 – Issue 12 – 18 September 2014**

### Meeting

Mondays 6:00pm for 6:30pm  
Bass Centre,  
2 Rochester Rd, Canterbury  
*Unless otherwise stated in Diary*

### Register for Meeting

Guests and Club Members can  
Register on the following link  
[Register for Meeting](#)

### Apologies

*\*prior to 10AM Monday*

#### Russell Hoath

Mobile 0417 304 764

Phone 9890 0015

[rhoath@bigpond.net.au](mailto:rhoath@bigpond.net.au)

*Please advise Russell of any  
long anticipated absence.*

### The Rotary Radio Show

Jenny Coburn and  
David Proud

Fridays 6pm to 8pm

**3WBC**

**94.1 FM**

### Secretary – John Braine

Ph: 9889 1331

[secretary@canterburyrotary.org](mailto:secretary@canterburyrotary.org)

### Editor – Max Holland

Ph: 9899 8148

[maxholland@optusnet.com.au](mailto:maxholland@optusnet.com.au)



*Dr Binoy Kampmark*



*Jimmy Fan*

## President's Message

Dr Binoy Kampmark was indeed an eminent and eloquent speaker last Monday night. He certainly captured his audience with his interesting account of the historical background to the troubles in the Ukraine. Binoy described the Ukraine as a country in the middle, that has been at the mercy of those countries on its borders, principally Poland and Russia. Its autonomy has been quashed. He told of the genocide of the five million people who starved to death when the successful, land-owning peasants had been forced at gunpoint to hand over their livestock and crops to the state, when the country became a satellite of the USSR. These days it is brothers and sisters killing each other, with the law of the streets in control.

Binoy opined that Germany is the best candidate to be the catalyst for a resolution to the current conflict. The leaders of Russia and the Ukraine have great respect for Angela Merkel. He also thought that Australia poking the Russian Bear wasn't a wise course of action by our government. Putin will always be KGB!

There were many questions on this complex topic. The east of the Ukraine has the gas reserves. Crimea was never really part of the Ukraine. The EU would never allow the Ukraine to join. We could have listened all night!

Last Monday was also our Youth Service committee report night. Sue Clifford chaired an excellent segment around the National Youth Science Forum.

Jimmy Fan, our successful candidate for the NYSF in Canberra next January, introduced himself to our Club. Proud Mum, Lin Gao and Jimmy's Uncle, Chang Wai, attended our meeting in support of Jimmy. We hope to see them all back again when Jimmy reports on his NYSF experience, this time next year.

## Speaker and Events Program

- Monday Sept 22 Speaker: Dr. Rebecca Segrave, Chair: David Robinson  
**"Research on Retraining the Brain to Beat Depression"**
- Monday Sept 29 Partners Night: **Visit to FareShare followed by Dinner**  
FareShare is in Abbotsford and the Dinner will be at a nearby Victoria Street Restaurant
- Monday Oct 6 Speaker: PP Jill Keefe, Chair: Tony Simpson  
**"Developments in Ophthalmology"**

## Sunday Market 7am – 1pm

September 21 - Bill Nankervis, Val Cunniffe, John McCaskill  
September 28 - Faten Qunqar, Michael Chong, Brian Bloomer  
October 5 - Brett Riley, Graeme Hindhaugh, Steve Wylie

**Contact Tony Simpson for all roster changes and requests, Home 9417 3995, Mob 0488 380 899**  
**Please be on time as if you are late, our Club pays \$50 penalty for each half hour or part thereof**



### President's Message - Continued



Kate Oliver

Father, Glen Oliver, and Mum, Sue Wright, were also our special guests once again last Monday. They came to hear an amazing report from their wonderful daughter, Kate Oliver, who attended the NYSF in Perth last January. Kate spoke of the three key aspects of the NYSF being, Exploring the World of Science, Character Building and Building Friendships. We all thought it was really funny to hear that NYSF was way more exhausting than the Korawa Rowing camps! Kate was a very entertaining speaker and she certainly showed us how much she had benefited from this incredible experience our club had been able to provide. It made me feel very proud to be a Rotarian.

Welcome back to Val Cunniffe and Patrick!! Both attended our last meeting and it is so good to have them back. In addition to her new role on our Fund Raising Committee, Val will resume her important job as our M.C. and fun coordinator from next Monday, when she works with Bob Falconer to raise some funds for this year's Blue Ribbon Appeal. Remember to bring lots of gold coins. Oh, and don't forget those silver ones for our platypuses too. They are not full yet!

If you saw the program ahead, on the back of our menu/running sheet table cards, you will have seen the awesome program Bill Granger has planned for us. I'm sure we will learn a great deal from Dr. Rebecca Segrave when she tells us about "Research on Retraining the Brain to Beat Depression" next Monday. I'm sure many partners and family friends would find this a worthwhile night, if you'd care to invite them. Dinner is a Scotch Fillet steak, followed by Tiramisu. Where else could you find better value, when you add in the wonderful culture of fellowship and fun that is the Rotary Club of Canterbury. See you there.

Peter

### The Next Speaker - Dr. Rebecca Segrave



Dr Rebecca Segrave completed the Monash University Doctor of Psychology (Clinical Neuropsychology) program in 2011. She is currently at the Monash Alfred Psychiatry Research Centre studying depression, a condition that 1 in 7 people will experience at some time.

Rebecca's interest in mental illness began as a teenager, when she watched a family friend struggle with bipolar disorder. The experience encouraged her to study psychology at university, and, after completing several degrees, she became a clinical neuropsychologist and a researcher. Rebecca has developed strategies that retrain the brain on how not to focus on negative thoughts as a possible treatment for depression.

One treatment involves a combination of gentle brain stimulation and an exercise program for a specific part of the brain that is often underactive in people with depression. In a small pilot study, Rebecca's combined therapy achieved prolonged improvements in patients with major depression. A larger follow up trial is now underway.

### The Canterbury Rotary Lunchers and the Ladies' Lunch



The Rotary Ladies' Lunch will join with the Rotary Lunchers for a meal at the "Hooking Restaurant", 627 High Street, Kew East on Wednesday 24th September at the time of 12:30pm.

Hooking features delicious modern Chinese cuisine. There is a special lunch time menu - Nasi Goreng, Singapore Noodles, Fried Kwai Teow, Satay Chicken, Curry Laksa, Beef Blackbean, Mongolian Beef, Szichuan Chicken, Lemon Chicken, Sweet & Sour Pork, Plum BBQ Pork, Roast Duck, Steamed Seasonal Fish, Seafood Combo, Garlic King Prawns, Xo Scallops - scrumptious.

The Hooking Restaurant is fully licensed or you can BYO wine.

Please let David Zrna know if you are coming [anz47@iinet.net.au](mailto:anz47@iinet.net.au) or 0467 033 092.

### Let's Fill the Platypuses



There will be a Platypus collector on each table up to Monday 6th October. Let's aim to fill all the Platypuses with those spare 5 & 10 cent coins to go towards the [YGAP 5 Cent Campaign](#). The money will be used to locate, support and empower local social entrepreneurs both locally and overseas.