



# 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](https://www.facebook.com/CanterburyRotary)  
Twitter: <https://twitter.com/rccanterbury1>



President - Rob Simpson  
Mob: 0425 746 991  
[president@canterburyrotary.org](mailto:president@canterburyrotary.org)

Volume 32 – Issue 30 – 1 March 2018

## Meeting

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

## Register for Meeting

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

## Apologies

[Notify Meeting Apology](#)  
*\*prior to 10AM Friday*  
**Graham Bishop**  
Mobile 0412 154 540  
[graham.bishop@canterburyrotary.org](mailto:graham.bishop@canterburyrotary.org)  
*Advise Graham of a long absence*

## The Rotary Radio Show Fridays 6pm to 8pm

**3WBC  
94.1 FM**

## The Aussie Pride Badge



## Secretary – John Braine

Ph: 0411 1156 129  
[secretary@canterburyrotary.org](mailto:secretary@canterburyrotary.org)

## Editor – Max Holland

Ph: 0428 477 488  
[bulletin@canterburyrotary.org](mailto:bulletin@canterburyrotary.org)



## President's Message

Another great meeting this week, including great food, with every table fully occupied. We had the pleasure of several guests - Shalini Rajakaruna, Neelima Surapanen, Zarin, and a very active Friend of Rotary, Ray Thomas.

## Treating Mental Health Naturally

Our guest speaker, Vanita Dahia, is a pharmacist, naturopath, clinical nutritionist, Mental Health nutritionist, Ayurvedic consultant and Fellow in Anti-ageing and Regenerative Medicine. Vanita works as a clinical consultant for a functional pathology laboratory providing technical assistance and presenting seminars to doctors, naturopaths, pharmacists and allied health practitioners internationally. She has extensive experience as a pharmacist in both conventional and integrative medicine and has worked in community and hospital pharmacy, as well as, the pharmaceutical industry in Australia and South Africa. Having owned and managed one of the oldest traditional compounding pharmacies in Australia for 16 years, Vanita is a wealth of information on bio-identical hormone replacement therapy, alternative cancer therapies, custom tailored nutritional medicine and cosmaceutical skin therapy.

Vanita talked about science based nutritional and environmental medicine and her special interest in illnesses such as CFS, FM, IBS, Menopause, Andropause, men's health, fatigue, adrenal, mental health such as anxiety and depression. Specific areas of expertise include:

- Gastrointestinal health. (e.g. parasites, flora, yeast, leaky gut & digestive insufficiency).
- Nutrient imbalances, lifestyle, diet.
- Allergies/intolerances.
- Environmental. (e.g. heavy metals, synthetic chemicals, mold, etc.)
- Biochemical. (e.g. neurotransmitters & hormones)
- Chronic bacterial and viral infections.
- Disordered sleep.
- Psycho-social factors.
- Mums and Babies health e.g. infertility, colic, Post Natal depression
- Mental Health e.g. depression, stress, anxiety, ADD, OCD



Vanita Dahia

Vanita also gave away two copies of her book entitled 'Alchemy of the Mind' which can be purchased from her at the following link [vanitadahia.com/books](http://vanitadahia.com/books).

## Speaker and Activities Program

Monday March 5  
Monday March 12  
Monday March 19  
Monday March 26

### Social Event - Bare Foot Bowls at MCC Sports Club

No Meeting - Labour Day Public Holiday

Speaker: Heather Ellis, "Ubuntu: One Woman's motorcycle odyssey across Africa"

Speaker: Amir Salehi, "Iran"

## Sunday Market 7am – 1pm

March 4 - Doug Hawley, Rob Simpson, Val & Patrick Cunniffe  
March 11 - Edward Gwee, Max Holland, Rosemary & Ted Waghorne  
March 18 - John Richards, Sue Osborne, Carmela Dimasi/Helen Hartnett  
March 25 - Andrew Mastrowicz, Michael Chong, Graham Bishop

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.



# Canterbury Tales

Rotary Club of Canterbury

## President's Message - continued

### The 2018 Annual Boroondara Volunteer Expo

The Rotary Club of Canterbury will be attending the Boroondara Volunteer Expo at the **Hawthorn Arts Centre**, 360 Burwood Road which will be held between 1.00pm and 6.00pm on Wednesday 7 March 2018. Anyone wishing to help should contact Graham Bishop on 0412 154 540.

### The 2018 Rotary District 9800 Conference

The District Conference is coming up on 16 to 18 March 2018, with the Conference finishing on the Sunday afternoon with a FORaMEAL food packaging event organised by Doug Hawley, involving most of the other Clubs throughout the District. I believe the Conference may be fully booked for most events, however, if anyone wishes to come, there may be an opportunity still open for attending many of the wonderful and inspirational presentations.

On Friday 16 March Registration starts at 4:30pm at the Flagstaff Hill Maritime Museum 89 Merri Street, Warrnambool 3280. At 5:00 pm there will be the welcome function with drinks and appetisers. The Conference opening is at 6:15pm. At 7:30pm I have booked Dinner seating for about 20 people at [Clovally Restaurant](#), 116 Merri Street, Warrnambool which is about 100 metres away, and another 150 metres from the accommodation at the Quest Motor Inn. Please advise me by email if you are coming to the Friday Night Dinner as soon as possible to enable me to verify numbers [rob.simpson@canterburyrotary.org](mailto:rob.simpson@canterburyrotary.org).

### Rotary and Community Service Radio Show at the Conference

There will be a Rotary and Community Service Radio Show Stand at the Rotary District Conference and David Proud is looking for a couple of volunteers to help attend the stand for a few hours. If anyone can help, please ring David on 0414 665 524.

### The Aussie Pride Badge at the Conference

The Aussie Pride Badge will be promoted at the Rotary District Conference and a flyer is included with this bulletin about the badge, along with a 'Conference Special' offer of 12 badges for \$30.

### Boroondara Relay for Life 2018

The Canterbury Rotary Relay for Life Team, **Can Trot**, is being Captained by Sarah Prossor with team members including Ryan Bartlett and Ray Thomas. The Event will be held from Saturday 24 March 2018 at 4:00pm to Sunday 25 March at 10:00am. The address for the Relay for Life Event is the Auburn High School Sporting Fields, Auburn Road, Hawthorn East. There will be opening and closing ceremonies, as well as, a special Candlelight Ceremony at 8:00pm Saturday.

If you wish to support our members and raise funds for the effort they are putting in, you can go to their Donations Page at [http://fundraising.cancer.org.au/site/TR/RelayforLife/CCVIC?team\\_id=57734&pg=team&fr\\_id=5135](http://fundraising.cancer.org.au/site/TR/RelayforLife/CCVIC?team_id=57734&pg=team&fr_id=5135). You can also assist by attending, anytime over those 18 hours, and take over, even if for only an hour or so, to give Sarah, Ryan and Ray a bit of a break.

### Interchange Inner East - Twilight Cinema Night - 'Ferdinand'

Another Twilight Cinema Night will be held on Thursday 29 March, the day before Good Friday at 2 Kendall Street, Canterbury. The movie is 'Ferdinand', a bull with a big heart, who is mistaken for a dangerous beast, he is captured and torn from his home. Determined to return to his family, he rallies a misfit team on the ultimate adventure. If anyone wishes to assist, please contact Lili-Ann Krieglner [lili-ann.krieglner@canterburyrotary.org](mailto:lili-ann.krieglner@canterburyrotary.org).

### The Rotary Fair Trade and Charity Shop

The new shop is in a more prominent location at 650 High Street, Kew East and will require more help. If anyone has some free time to assist in the new shop, if even for a few hours once a month, would they contact Jill Forsyth on mob 0412 171 353 or email [jill.forsyth@formax.com.au](mailto:jill.forsyth@formax.com.au) or Jennie Gale mob 0419 837 225 or email [jenniegale@bigpond.com](mailto:jenniegale@bigpond.com).

### The Next Three Mondays

There will not be a meeting at the Bass Centre next week, but rather a Partners and Friends Night, with a Barefoot Bowls evening at the MCC Kew Sports Club, 397 Barkers Road, Kew. The evening will start at 6:00 for 6:30pm with Barefoot Bowls followed by a delicious dinner of Lemon Glazed Chicken Breast served with coconut and quinoa rice and Asian greens. Drinks available at bar prices. Cost is \$38.00 per head to be paid directly to the MCC on the night.

There will be no meeting the following Monday 12 March because of the Labour Day Public Holiday. The next dinner meeting will be on Monday 19 March with guest speaker Heather Ellis and her talk [Ubuntu: One Woman's motorcycle odyssey across Africa](#).

Rob

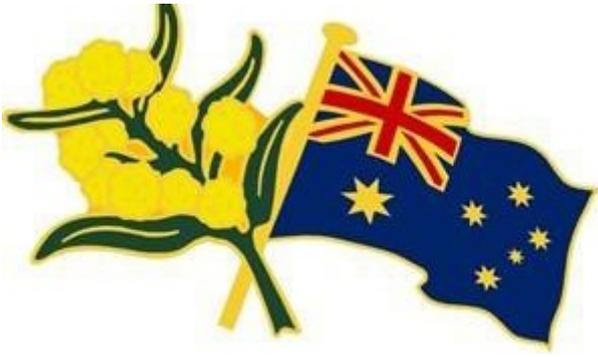
### The Canterbury Rotary Lunchers

The next Canterbury Rotary Lunchers lunch will be at the "Short Black Café, Camberwell". This is the home of impeccable coffee and authentic Italian cuisine including home made pasta, wood fired pizza and traditional desserts.

The address is 761 Burke Road, Camberwell which is a building formerly occupied by The Chocolate Box. The lunch will be on Wednesday 7th March at 12:30pm. Drinks can be purchased or BYO welcome.

Let David Zrna know if you are coming [david.zrna@canterburyrotary.org](mailto:david.zrna@canterburyrotary.org) or 0467 033 092.





Following the tragic Bali Bombing in 2002, the Rotary Club of Canterbury developed the Aussie Pride Badge as a way to galvanize Australians, show our pride in being Australian, and symbolize how we feel about our country.

Since then **Aussie Pride Badge** has been embraced by a number of city and shire councils and included in citizenship ceremonies for proud new Australians.

It has also been presented at school assemblies and award ceremonies recognizing students' achievements, leadership and citizenship.

**But, our Club has limited reach and your Rotary connections with your local council, schools and other organisations will allow us to take it much further ... And your Club can earn \$\$\$!!!**



**Rotary Club of Canterbury Inc.**  
PO Box 314, Canterbury VIC 3126  
ABN 46 369 090458  
aussiepride@canterburyrotary.org

**FUNDRAISING OPPORTUNITY**

### **Aussie Lapel Badge**

A unique Australian symbol of  
Pride, Unity and Peace.

(in gift packaging with a colourful card outlining  
the origins of our flag and the wattle.)

### **Here is how it works .....**

**We give you \$1.50 for each badge sold.**

**Repeat orders are also credited to your Club account.**

**You make the connection, promote the concept and secure the order ....**

**We handle the rest**

- Processing of orders
- Postage and handling
- Invoicing and dispatch
- Payment to your Club

### **Visit our Stand at the Warrnambool Showcase**

- Discuss ideas and buy a Take Home Pack
- Great to take overseas
- Use as gifts for Guest Speakers
- Mementos for outgoing Exchange Students

**Best of all, promote as an easy Fundraiser for your Club.**

**Conference Special**

**Pack of 12 : \$30**