Canterbury Tales

Rotary Club of Canterbury
PO Box 314 Canterbury VIC 3126
Website: www.canterburyrotary.org
facebook: www.facebook.com/CanterburyRotary
Twitter: https://twitter.com/rccanterbury1

President - Doug Hawley
Mob: 0411 100 776
president@canterburyrotary.org

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ROTARY SERVING HUMANITY

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 Monday*
Gerry Cross
Mobile 0418 130 499
rotaryclubofcanterbury@gmail.com
Advise Gerry 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
Editor – Max Holland
Ph: 0428 477 488
bulletin@canterburyrotary.org

OA - Osteoarthritis

We were privileged to have Dr Adam Culvenor speak to us last week. Adam is a physiotherapist who obtained his PhD last year, in collaboration with Arthritis Victoria, evaluating the risk factors of knee arthritis. He has also recently been awarded an early career researcher NHMRC fellowship, involving funding of $408,768. Adam is currently based at the Paracelsus Medical University in Salzburg, Austria. In 2018 he will then return to La Trobe's Sport and Exercise Medicine Research Centre for a further two years.

Adam explained that one of the difficulties of conducting research is the transfer of the results of this important information to members of the public who are ultimately the people who will benefit most from the research.

Dr Adam Culvenor

Adam gave an excellent overview of osteoarthritis in adults. Hip and knee arthritis are the most common joints affected by OA. The diagnosis of OA is a combination of Xray findings, patient reported pain and decreased function. The current cost of OA in Australia is $1.2 billion per annum with 1.3 million Australians affected (females more than males). With the ageing population there will be an increase in OA so it is important that we find ways to manage the disease in a sustainable way.

Adam gave us an excellent overview of the non-modifiable and modifiable risk factors for knee OA. He reviewed the evidence around exercise for knee OA. Aerobic, resistance and performance exercise were all shown to decrease pain and increase function resulting in increased quality of life. Individualised exercise programs lead by a Physiotherapist for greater than 12 sessions was shown to be most beneficial. Adam stressed that the exercises must be completed correctly, aiming to maintain neutral alignment of the knee. His analogy of the car wheels being out of alignment made the concept of knee malalignment easily understood.

So how does exercise help? It is a combination of neuromuscular components (muscle strength, stability, range of movement), general fitness (weight loss, aerobic fitness) and psychological components (well being, self efficacy and to some extent placebo effect). Adam's take home message from the research on knee OA is that no matter how severe the OA is, according to pain levels and Xray, exercise helps!

Speaker and Activities Program

Monday November 21	Speakers: Tony Atkinson & Lynn Smailes, ***"Royalty, Romance and Remedies"***, Chair: Rosemary Waghorne
Monday November 28	**Annual General Meeting**
Monday December 5	Speaker: Evan Tattersall, ***"Melbourne Metro Tunnel"***, Chair: Ian Mellett
Monday December 12	Speaker: Andrew Kelly, ***"Yarra River Keeper"***, Chair: TBA
Monday December 19	***"The Christmas Party"***

Sunday Market 7am – 1pm

November 20 - Rob Simpson, Brian Bloomer, Andrew Mastrowicz
November 27 - Roger Taylor, Bob Falconer, David Chudasko
December 4 - Ian Mellett, Michaeil Chong, Chris Mellett
December 11 - Cathie Macmillan, David Zrna, Kathleen Stapleton/Chris James

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.

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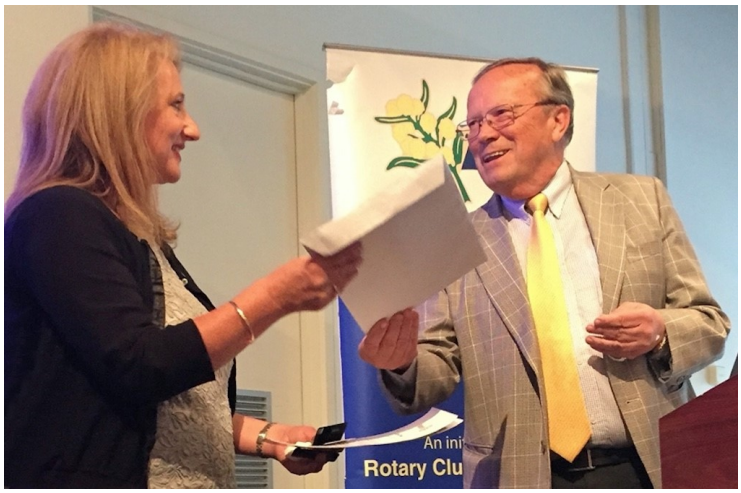
President's Message

Last Monday evening we had another wonderful speaker at our Club. Dr Adam Culvenor spoke on ***"Knee Arthritis: What it is and how can exercise help?"*** We had an amazing role-up of visitors and members which is likely due to the prevalence of knee issues in society these days. Even the Chairperson, Cathie, one of our younger members and a physiotherapist, indicated that she has had a knee reconstruction and was likely to be heading towards knee arthritis. It was encouraging to hear of the latest research, to which Adam has contributed, which has demonstrated that special exercises may significantly delay the requirement for knee surgery in many cases, possibly even permanently.



As I listened to Adam, it occurred to me that together with last week's speaker, Simon McKenzie-Nickson who spoke on his Alzheimer's research that our Club had sponsored, we are very fortunate to have two young researchers who are undertaking world leading edge research to overcoming the ills of people who are much older than themselves.

Carmela Dimasi Joins Our Club

Last Monday we inducted Carmela Dimasi into our Club. Her classification is Property Management. We welcome Carmela to the Club and look forward to working with her in the future. Thanks John McCaskill for introducing Carmela to our Club.

Carmela Dimasi and President Doug Hawley

Farewell to Brett Riley and Peter May

While it is great to welcome a new member to our Club, it is sad to have to say goodbye to some. Last week I received the resignations of Brett Riley and Peter May. Brett has been one of our younger members and has contributed to youth programs of the Club in many ways including taking responsibility for them for the past few years. Unfortunately, he is exceptionally busy with work commitments and cannot devote the time he feels necessary as a member. He indicated that he leaves with a sad heart but with the intention of returning to the Rotary Club of Canterbury when his life become less hectic.

I think that most members will be shocked to hear of Peter's decision to leave the Club. He is a relatively recent President and has contributed to the Club in many herculean ways, particularly in transforming the Club's IT communications both internally and externally. One forgets when using a computer to undertake any one of the myriad of Club functions that are online that Peter has put in many hours of work to make it possible. Peter has indicated that it is likely that he will be moving to Darwin for his business. Peter's wife Judy has also put in many hours of work for our Club. We shall all miss Brett, Peter and Judy, and I thank them for their contribution to the Club and wish them all the best for their future.

Our Information Technology System

A significant task for the Club now is to find someone who has the both the desire and knowledge to replace Peter's IT functions in the Club. If you feel you would like to do this, please let me know as soon as possible. Peter will not be leaving the Club until the end of the year and has offered to assist anyone to learn the programs that he has developed. Please give this request your ***urgent attention*** as we don't want to let Peter's hard work fall apart. It may also be that you are aware of someone who is not a member who would be interested to undertake this role in our Club. Please let me know if you are aware of somebody.

November is Rotary Foundation Month

In the annual Rotary calendar, November is Rotary Foundation Month. It is particularly significant this year as it is 100 years ago that the Foundation was formed. It is Rotary's charity, and it has funded many wonderful projects over the years which are too numerous to outline here. Our Club has made significant annual contributions to the Foundation. There are also many ways that members can make individual contributions to the Foundation. Several members of our Club have contributed individually in the past and I believe that this is a most worthwhile thing to do. Please speak to me if you would like to do this and I can point you in the right direction.

Doug

The Christmas Party

DATE	Monday 19th December 2016
WHERE	David Robinson's home, 1/4A Gascoyne Street, Canterbury
COST	$25 per head, BYO drinks
BOOKING	As this will be a catered event, we will need numbers and payment at least a week prior to the Christmas Party.

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The Next Speakers - Tony Atkinson and Lynn Smailes

Tony Atkinson was born in London in 1929. He worked as a casual footman for the Royal family and as a waiter in London while he was training to be a doctor at Guy's Hospital. Tony and his wife, Terry, brought their young family to Australia in 1962, and they settled in the northern suburbs of Melbourne where he practised as a specialist anaesthetist.

Lynn Smailes is a Melbourne writer, teacher, manuscript editor, reviewer and writing mentor. She was the President of the Victorian branch of the Fellowship of Australian Writers for five years, and the editor of *The Australian Writer* for three years.

Tony spent his early days suspended in a cage outside the sixth-storey window of his family home in 1920s London. So perhaps he was always destined to see the world differently, and to land in ridiculous, hilarious situations. There was the time he came between Winston Churchill and his bowel movements (an accident that required a parliamentary explanation) or the high-society shenanigans he witnessed after *accidentally* becoming footman to Queen Elizabeth. *A Prescribed Life* is a warm and engaging chronicle about love, medicine and royalty spanning almost a century of great change.

The Maling Road KristKindl Festival

Our first Christmas Event on Friday 2nd December is the KristKindl Festival in Maling Road, Canterbury.

The KristKindl Festival had its humble beginnings at Maling Road when Ms Rachel Tracey, local trader and owner of Ring of Roses (past trader) 28 years ago based it on an event she discovered on her journeys through Europe. One of the best children's festivals in Melbourne, this event was originally organised to provide kids the opportunity to find gifts for their parents.

This year there will be children's rides, street food vendors, live music entertainment, gift making and a bundle of fun targeted towards the entire family – not just kids. Several new rides and features at this year's event include a giant slide, Christmas showbags, an animal nursery, and a cup and saucer ride.

The event starts earlier than last year at 4:00 pm and goes through to 9:00 pm. This year our Club will not be involved in the ticketing, but will assist at the alcohol tent, the Santa tent, and supervise the Animal Farm and the Grand Prix slide. We need five Club members and friends from 2:00 pm to set up the street furniture, and seven Club members and friends for each hour from 3:45 pm to start the event concluding at 9:30 pm to pack up.

Please contact me if you are able to help and let me know of the times of your availability on the day.

Our efforts will be rewarded with a donation to the Club by the Maling Road Business Association. We will be put this money towards the Interchange Inner East Twilight Cinema in February 2017.

Graham Bishop
0412 154 540