



Canterbury Tales

Rotary Club of Canterbury (24500)
PO Box 314 Canterbury VIC 3126
Website: www.canterburyrotary.org
facebook: www.facebook.com/CanterburyRotary
Twitter: <https://twitter.com/rccanterbury1>



President - Steve Wylie

Mob: 0420 204 211

president@canterburyrotary.org

Volume 33 - Issue 14 - 18 October 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

Advise Graham of a long absence

The Rotary Radio Show

Fridays 6pm to 8pm

**3WBC
94.1 FM**

The Aussie Pride Badge



Secretary – Neil Williams

Ph: 0420 204 211

secretary@canterburyrotary.org

Editor – Max Holland

Ph: 0428 477 488

bulletin@canterburyrotary.org



Benefits of Exercise

When Deborah Hilton offered to come and speak to us last Monday on the importance of exercise, I didn't realise we'd get such a deeply researched topic.



Deborah Hilton

Deb is clearly an academic of broad standing, with a Masters in Public Health and was kind enough to share with us her academic journey from clinical physiotherapist to master statistician. She showed us double blind, randomised Class A research (the best quality work) on many ways that exercise can improve our quality of life, both physically and mentally, as well as some of the fun activities she has participated in during her career.

Deb spoke about how exercise can reduce the risk of many chronic diseases from excess weight, type II diabetes, osteoarthritis and chronic pain. She spoke about exercise and lower back pain and the benefits of exercise for hip and knee arthritis.

Deb is a keen advocate for the benefits of regular exercise, and for the impetus gadgets give people to get out there and step up to the recommended 10,000 steps a day. She spoke of the [Virgin Pulse Global Challenge](#) where each year for

100 days, hundreds of thousands of people compete in teams of seven that improves both their physical and psychological health. The Global Challenge is undertaken wearing a compatible fitness device including Fitbit, Garmin, Misfit, Microsoft and Apple Watch.

Deb's desire to share her knowledge with we lay people - as in non-academic, but probably lying around too much instead of being up and jumping!! It was very lucky for us, and how kind she is to reach out into the community to help us understand how better health is available for us all through exercise. Deb has had 445 research articles published, 231 citations (that's where other academics have quoted her work) and nearly 85,000 downloads of her papers.

Deb it was all worth it, I have planned to walk in the mornings with a friend, soon. I hope we have all been similarly inspired!

Gilly Swinnerton

Think piece: the bike and the brain

Andrew Mastrowicz is just back from the Philippines Medical Mission and is looking forward to his next ride with the Canterbury Rotary Bike Riders. Click this [the bike and the brain](#) link provided by Andrew to learn how bike riding exercise improves cognitive ability and helps those people with dementia, depression and ADHD.

Speaker and Activities Program

Monday October 22

Monday October 29

Monday November 5

Monday November 12

Wednesday Nov 14

Speakers: Maurice Walters & Peter de Weijer, **"Music and Me at Interchange Inner East"**

Speaker: Peter Barclay, **"Maling Road Auto Classico"**

Melbourne Cup Eve Celebration

FORaMEAL Food Packing Evening at the Basscare Centre

Speaker: Stephanie Woollard, **"Seven Women international Aid Project"**

A multi-club dinner organized by the Rotary Club of Camberwell at the Basscare Centre

Sunday Market 7am – 1pm

October 21 - Rachele Stin, Kalandie Gunatillake, John Braine (+Gerry Cross)

October 28 - Sophie Gutknecht, Graham Bishop/Carmela Dimasi, Kalandie Gunatillake (+Kyle Wightman)

November 4 - Trent Burns, Rachele Stin, George Dolezal (Greg Vero)

November 11 - Sarah Prossor, Sophie Gutknecht, Rachele Stin (Rob Simpson)

Contact Janet Hay for all roster changes and requests, Mob 0411 411 732

Please be on time as if you are late, our Club pays \$50 penalty for each half hour or part thereof.

The End Polio Prance in the Park

On Saturday 17th November the End Polio Prance in the Park will take place at Albert Park Lake. Susie Cole (as District 9800 End Polio Now Ambassador) and Club Presidents Amritpal Singh (Southbank) and Kitty O'Connor (Laverton/Point Cook) are organising this major fundraiser for End Polio Now and they need 20 Rotary Clubs to each send five participants. This year only 100 walkers can participate as more than that will require Parks Victoria permits, more complicated infrastructure and time to plan, but if this year is a success it will grow to a major event in 2019. If you're not up for prancing, you can even just walking sedately. Or, for an extra charge, you can be part of the End Polio Push.... where you'll be pushed around the 5km course in a DIK loaner wheelchair! For more information about Rotary's World End Polio Day on 24th October follow the link [here](#).

Ted Waghorne is organising the Canterbury Rotary Club participation in this event. Ted needs 5 or 6 volunteers to dress up and represent our Club at this walk/prance in the park.

Ciska Colussi at Glenallen School

On Thursday Ciska Colussi had her first day of work experience at the Glenallen School in the art and craft class which covers the senior and the primary school. Glenallen is a school for students with a physical disability and/or health impairment. Ciska says that she loved it ... really enjoying every second and on Friday she will do the workshop at Glenallen.

Some of you will remember that Jennifer Healey (Vice Principal at Glenallen) promised us that they would facilitate Ciska's goal to get a job in special education, and now that has become reality. We are truly blessed to have Ciska as part of our Club's circle of friends and volunteers. As reported in the bulletin last week, the BusyFeet program will be implemented at Glenallen with the costs underwritten by the Rotary Club of Camberwell. Our partnership with the Glenallen School has been absolutely wonderful.

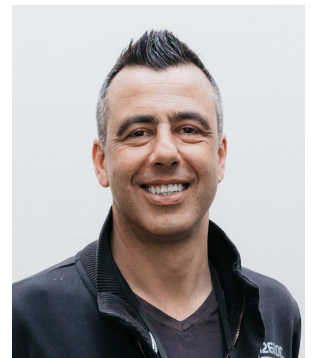
Michael Chong



The Next Speakers Maurice Walters and Peter de Weijer

Interchange Inner East provides families of children and young adults with a disability, choices and options for recreation and community activities, respite and support. The programs offered by Interchange are responsive to requests for Individual, group, in-home and in community disability support

Maurice Walters and Peter de Weijer will talk about their new program called Music and Me at Interchange Inner East. They will provide an update about what is happening at Interchange Inner East and also the National Disability Insurance Scheme.



The Canterbury Rotary Lunchers

The next Canterbury Rotary lunch will be at the [Box Hill RSL](#), 26-28 Nelson Road, Box Hill on Wednesday 24th October at the usual time of 12:30pm. There is free car parking for diners at the Box Hill RSL with the carpark entrance from Nelson Road.

The Seniors Bistro menu is from \$15.00 with desert \$4.00 each, also the venue is fully licensed with drinks at reasonable prices. There is a \$2.00 annual community member fee. The Box Hill RSL has excellent meals - click this link for the [Seniors Menu](#).

Please let David Zrna know if you are coming so that he can reserve a table at this very popular venue david.zrna@canterburyrotary.org or 0467 033 092.



SURREY HILLS PHYSIOTHERAPY CENTRE

SPECIALIZING IN ALL MUSCULO SKELETAL
NEEDS INCLUDING SMALL SUPERVISED CLINICAL
GROUPS

Visit our website surreyhillsphysio.com.au for more details of the treatment and services offered.

1/109 Union Rd, Surrey Hills VIC, 3127. We are located just south of the Surrey Hills railway station, with parking available in Peppercorn Lane, Union Road or Windsor Crescent.

To book an appointment, email us at info@surreyhillsphysio.com.au or telephone 9899 0399.



Imagine a night when 50 volunteers assemble **15,000 emergency meals in just two hours**. ... And have great fun, while doing good.

This happens when the Rotary Club of Canterbury joins together with others to combine **nutritious sachets of essential vitamins** along with cereals such as oats, lentils and rice into packs enough to feed a family of four.

The packs are then shipped overseas and held by a local Rotary District in anticipation of a time of need such as earthquake, typhoon, uprising etc. Often this is the only food available for displaced families.

Why is it important?

It takes time for traditional aid organisations to reach disaster areas. FORaMEAL immediate food relief, comes in individual packs which make them easy to distribute.



Family, friends and children over 12 years, come together to pack meals, share a meal, and join in the fun.

And because they are stored and distributed by local Rotary Clubs, we can feel confident that they will not fall into the wrong hands.

Members (with family and friends) wanting to participate in this fun event should register by email to Val.Cunniffe@canterburyrotary.org and then arrive at

6.00 pm—8.30 pm
BassCare Centre
2 Rochester Road,
Canterbury.

BRING A PLATE OF FOOD TO SHARE AND BYO DRINKS. THERE IS NO CHARGE FOR THIS EVENING, BUT A DONATION TOWARDS THE COST OF VENUE HIRE, ETC. WOULD BE APPRECIATED.