



# Canterbury Tales

Rotary Club of Canterbury  
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## 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



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## 3D Printed Prosthetics

Our Club has always maintained an extremely high standard with our Speaker Program and last Monday was one of our very best. The audience was engaged and transfixed by our guest speaker Mat Bowtell.... you literally could have heard a pin drop as he told us his personal story with a number of videos including his recent appearance on “the Project” just last week.



Mat Bowtell

Along with many other workers, Mat was a victim of the Toyota Manufacturing closure after having worked there as a design engineer for many years. Rather than feeling sorry for himself, he saw this as an opportunity to redirect his skills and fulfil his strong inner desire to help others by designing and making prosthetic devices for children and adults with disability. Always concerned by the “wealth gap” in our society, he set out to assist those in need who could not afford prosthetics. After spending \$5,000 on a 3D Printer, scanner and software (with the acknowledged support of Toyota), he began making open source prosthetic hands for people in need throughout the world. His revolutionary “kinetic finger” enabled him to produce prosthetics for very little cost compared to the cost of up to \$6,000 from existing providers. He decided to make his designs available to others rather than profit personally, as his objective is always to help as many people as possible and affordably. His designs are available freely online. Some would see this as altruistic and foolish but as our Club could see very clearly, it is the

genuine passion and skill of a remarkable man. You are urged to search Mat Bowtell on the internet and see what he has and is continuing to achieve in helping others. Click on this YouTube link about the [kinetic partial finger replacement](#). Mat’s genuine joy is making a difference to the lives of these children, adults and their families.

During Mat’s talk, a number of prosthetic limb samples were circulated around the room as he explained the complicated science behind the tendons in arms and fingers. Amazingly, he is currently developing a headset which enables micro controllers and sensors to send signals to the arm using the power of the mind.

Mat has been recognized for his work developing the bionic hand. He was the Victorian nominee for Australian of the Year in one of the four categories and has just returned from Canberra where he met other nominees and Prime Minister Turnbull and Governor-General Sir Peter Cosgrove. This led to a significant introduction and now friendship with Samuel Johnson who is very generously working to assist Mat structure his business to get sponsorship and corporate backing, which now includes a Social Fellowship Grant from Westpac.

## Speaker and Activities Program

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

Speaker: Vanita Dahia, “**Treating Mental Health Naturally**”

**Social Event** - details to be advised

No Meeting - Labour Day Public Holiday

Speaker: Heather Ellis, “**Ubuntu: One Woman’s motorcycle odyssey across Africa**”

## Sunday Market 7am – 1pm

February 25 - Sarah Waters, Maria Tomanoska, John McCaskill/John Braine  
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

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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Rotary Club of Canterbury

## 3D Printed Prosthetics - continued

Mat Bowtell is one of the most genuine and impressive people you could ever meet. A number of our Club members are very keen to assist him in any way we can to continue his amazing work in helping others, just like one of Mat's greatest heroes, Fred Hollows, has done. It was a privilege to have him speak with our Club and then share a great deal of time with members afterwards before his long drive back to Phillip Island.

Mat is crowd sourcing funding for the costs involved in making free 3D printed hands for people in need all around the world, and to also make his designs open-source which are available for free download over the internet. [www.mycause.com.au/3dhands](http://www.mycause.com.au/3dhands)

## President's Message

Due to family commitments, I was sadly unable to attend the last meeting, but heard from Club members who were at the meeting that the guest speaker was truly amazing and inspirational.

## Boroondara Village Festival

On Sunday 4th March from 12pm to 4pm the [Boroondara Village Festival](#) will be held at the Hawthorn Arts Centre on the corner of Glenferrie and Burwood Roads, Hawthorn. On the same day the [Glenferrie Festival](#) will be held in the shopping centre along Glenferrie Road, Hawthorn from 11am to 5pm. There will be activities for all ages including roving performers, virtual reality experiences, beekeeping demonstrations, live music, gardening workshops, an appearance by Peppa Pig and much more.

The Boroondara Council will also be launching the [Boroondara Community Plan](#) which is a guide for the city's future, and is the result of extensive feedback from the community on what matters to them in Boroondara.

## The Rotary Fair Trade and Charity Shop Grand Opening

As most of you are aware, the Rotary Fair Trade and Charity Shop at the Camberwell Market Carpark has now closed and has moving to 650 High Street, Kew East, just a few doors down from the Harp Hotel. If anyone has some free time to assist in setting up the new shop, could they Contact Jill Forsyth 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 official Grand Opening of the shop will be on Friday 2nd March from 4:30pm to 6:30pm. Light refreshments will be served. If you are attending the opening, please RSVP Jill Forsyth by Monday 26th February.

## Partners and Friends Social Event - Barefoot Bowls

Monday 5th March is a Partners and Friends Social Event with a Barefoot Bowls at the MCC Bowling Club, 397 Barkers Road, Kew 3101. To enable catering, the Social Committee needs to know who will be attending this fun evening event. At the dinner meeting next Monday a list will be circulated for people to mark their attendance, and for those not at the next Monday meeting, they should contact Helen Hartnett on 0405 734 773 if they are going to attend the Barefoot Bowls event.

## Partners and Friends Social Event - Restaurant Night

Monday 30th April is another Partners and Friends Social Event with a Restaurant Night at Di Palma's Restaurant, 684-690 High Street, Kew East 3102. Ross Merolli knows the restaurant owners and is organising the evening. So put this in your diaries for what is always a lovely evening of friendship with fine food and wine.

## Treating Mental Health Naturally

Next Monday 26th February 2018 we have another great speaker, Vanita Dahia talking about Treating Mental Health Naturally. Vanita is a Naturapath and a passionate specialist in the fields of science based nutritional and environmental medicine. She has a special interest in illnesses such as CFS, FM, IBS, Menopause, Andropause, men's health, fatigue, adrenal, mental health such as anxiety and depression. This will be an very informative meeting about our physical and mental health.

Rob

## The Next Speaker - Vanita Dahia



Vanita Dahia is an integrative medicine clinical consultant pharmacist, naturopath and clinical nutritionist. She is passionate about naturally treating the body from the inside out, empowering the body to heal naturally. Integrative Medicine encompasses the allopathic and natural medicine paradigms and has a valuable role in treating any functional, structural, mental or emotional imbalance with its broad range of remedies, as well as working beautifully as an adjunct to many other alternative and orthodox therapies.

Vanita has recently published a book entitled "Alchemy of the Mind" which features treating mental health naturally. The book offers an engaging and informative look into your thoughts, emotions, feelings and memory. Whether you suffer from stress, anxiety, depression or addictions, one pill may not be the solution. Change your brain with simple nutritional supplementation using self-help tools in this book.

Vanita reveals how to achieve happiness through balance of chemicals that connects the brain with the gut, stress, cravings, addictions, and libido. You biology is in your biochemistry. Testing of brain chemistry with functional pathology maps out a pathway to a targeted natural support for the nervous system.