Canterbury Tales

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

President - Nora Ley
Mob: 0419 506 177
president@canterburyrotary.org

Volume 30 – Issue 25 – 28 January 2016



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*
Graham Bishop
Mobile 0412 154 540
rotaryclubofcanterbury@gmail.com
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
Editor – Max Holland
Ph: 0428 477 488
bulletin@canterburyrotary.org

President's Message

Peter McCall OAM is a fellow Rotarian and an ambassador for beyondblue. At our last meeting Peter gave a very relaxed informative presentation about beyondblue which is an independent, not-for-profit organisation that is supported by funding from the Federal Government and all State and Territory Governments in Australia, individual and business donations and a share of the fundraising from Movember. In October 2000 beyondblue was established as a national initiative to create a community response to depression. The initial aim was to move the focus on depression away from mental health services and towards one where the wider community understands, acknowledges and addresses anxiety and depression. Currently, beyondblue is focusing on reducing stigma, changing attitudes and improving services for people with anxiety and/or depression, as well as helping their family, friends and colleagues.

It is estimated that around 3 million people in Australia live with anxiety and depression. Many community members are frightened by those with mental health conditions and have limited awareness of how to react and how to assist those in need. Of course there are many causes and associated factors that contribute to the individual experiencing anxiety and/or depression. It is thought that isolation is one of the most disempowering facts of life and a major contributor to the increased numbers of those experiencing anxiety and depression.



Peter McCall OAM

In the past, the community and individual's lifestyles were more directly interactive. Today, our lifestyles and reliance on communication technologies often result in a complete lack of one-on-one face-to-face communication, discussion and interaction. The internet with Facebook and Twitter is the new communication norm for many, particularly younger people. Some of these people are too frightened to leave these social networks for fear of what may be said about them or are not skilled in addressing the effects of insults, disparaging comments or photographs, resulting in stress and anxiety and in the long term, depression may ensue.

Peter told us that last year there were 2048 reported suicides in Australia. This figure does not include many single vehicle and similar accidents which may be assumed to be suicides. Also there are attempted suicides that often result in devastating life-changing outcomes for those individuals, their families and community members.

Speaker and Activities Program

Monday February 1	***"The Interview Program & Assessment for the GVE Team to the Philippines"***
Monday February 8	Speaker: Chris de Fraga, ***"Current Happenings in the Car Industry"***
Monday February 15	No Meeting
Wednesday February 17	East-Side Cluster Meeting at Basscare Centre, ***Welcome the GVE Philippines Team***
Monday February 22	Speaker: Alan Mead, "***Airborne Contamination Control"***

Sunday Market 7am – 1pm

January 31 - Alan Stevens, Rob Simpson, Helen Hartnett
February 7 - Andrew Mastrowicz, David Zrna, Sue Clifford
February 14 - Annette Brownscombe, Graeme Hindhaugh, Dean Barnett

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.

Be a gift to the world

Canterbury Tales

Rotary Club of Canterbury

President's Message - Continued

Peter McCall provided examples of some of his experiences and interactions with those in need. He reiterated that we need to remember that we all need somebody; the need may change from time to time - financial problems, coping with illness, demands on time, difficulties with personal or work or business activities. Peter said to remember that we are not an individual island but are part of the community. Anxiety, depression and mental health conditions are no longer unmentionable 'dirty words'. Those experiencing these conditions need our support and we as individuals must remember to consider and provide for the welfare of these people in need. Peter acknowledged that dealing with some people can be very frustrating, especially for those close to them. Information to assist us all can be found at www.beyondblue.org.au. You will find information targeted to issues experienced by Young People; Women; Men; Older People; Multicultural People; Aboriginal and Torres Straight Islander People; Lesbian, Gay, Bi, Trans, Intersex People; and People dealing with Pregnancy and Early Parenthood. There are also resources for Schools and Universities; Workplaces; Aged Care; Health Professionals; and Research.

You can discuss issues or concerns with a member of the support service at www.beyondblue.org.au by email (a 24hr response), online chat (3pm to 12am) or telephone 1300 22 4636 (24/7) or contact Life Line for Crisis Support 13 11 14 (24/7).



Candice Kriegler

The Rotary Youth Leadership Award Camp for 2015

Candice Kriegler, our sponsored participant for RYLA, attended our meeting and provided members with feedback of her experience when she attended the RYLA Camp along with 50 other participants in November 2015. Candice told us that her initial reasons for attendance was her father's influence (he said the program would be a very positive experience) and that she thought she might make one or two new friends.

Candice found the entire camp very positive and interesting, new concepts were introduced and explored each day. One of her challenges was to comply with the limitation on all forms of electronic communications until after 10pm. Initially this was very difficult for them all because for most young people their mobile is their lifeline to the world! But as the days went by she realized that her time was fully occupied with other interactions and activities - she didn't need her mobile for a most of the day. Candice said that the concepts and exercises were challenging at times and all communications were caring, supportive and respectful. She would normally consider herself as having an introvert trait and would usually only strongly identify with one or two people when exposed to a new group environment. But now, on reflection, she had made as many as 24 meaningful contacts. In part this came about by the communication exercise of leaving notes for one another in individual envelopes attached to a community notice board. She was part of a group that stayed up till 4am completing this activity.

Candice thanked Club members for her sponsorship and support. In her talk to the Club she explained how the RYLA Camp was a very positive experience. The program increased the awareness of her own core beliefs and values and how these influence her behaviours and interactions with others. And above all she is more tuned in to how to get along with others. She is more aware of not rushing into judgemental conclusions about others without having all the facts about what may be influencing behaviours and interactions of people at any given time.



Alec Gillies

The District 9800 Group Vocational Exchange 2016

Alec Gillies will be coming along to our meeting next Monday. Alec is the GVE team member that we are sponsoring this year to the go to the Philippines. He is 24 years old and is a masters student studying social sciences and management. He would like to continue to learn more about these areas and consolidate his areas of interest by exploring a variety of different projects and gaining new insights. In the Philippines he hopes to learn what it means to be Filipino and to live in the Philippines and to share his own sentiments as an Australian. He is a curious person and highly adventurous and thoroughly enjoys new experiences.

Our Club member, John McCaskill was D9800 Chair for the current GVE program with the Philippines. He will talk about the GVE Interview Program and Assessment.

Assistance with Hosting our Philippines Visitor

If you can assist with hosting Metchie Arnaiz on the dates of 5 to 7 and 12 to 14 February and 18 to 24 March, please contact Gerry Cross by email or mobile.

I hope that everyone had an enjoyable Australia Day and a good week in Rotary.

Nora

Be a gift to the world

Canterbury Tales

Rotary Club of Canterbury

Group Vocational Exchange Activities

On Tuesday 16th February 2016 a Group Vocational Exchange Dinner will be held at Milano's Hotel, Brighton Beach to Welcome the GVE Team from Philippines District 3800 and to Farewell our District 9800 GVE Team who will go to the Philippines. Details of the Dinner are attached to the Bulletin and bookings should be made by 13th February through Trybooking. Download the December 2105-16 Networker Issue 11 and read about the members of our GVE Team going to the Philippines on Page 4.

On Wednesday 17th February 2016 the Philippines District 3800 GVE Team will come to the meeting of the Rotary Club of Camberwell held at the Basscare Centre, Conochie Hall in Canterbury. The Rotary Club of Canterbury members will not have their usual Monday meeting that week but will instead join the Camberwell Rotary Club and members from other East-Side Cluster Clubs to meet the Philippine GVE Team members and to hear of their backgrounds and aspirations for their visit to Australia.

GVE TEAM PHILLIPINES 2016



MARIE JANE I. LIBAN

Team leader



John Lou S. Lucenario



Glaiza Lee L. Diao



Karen E. Reside



Jeremy C. Raquel

The 2016 Group Vocational Exchange team will be visiting the Camberwell Rotary Club on 17 February 2016 where they will outline their individual vocational background and share their aspirations. This is a great opportunity to meet the team members and appreciate the benefits of the GVE Program for both the incoming and outgoing teams. Please extend an invitation to all Club members, family and friends including those who have supported the team with vocational positions and anyone who may wish to be part of a future GVE team.

Date – **Wednesday 17 February 2016**
Time - **6:15 pm for 6:45 pm**
Address – **Conochie Hall, 2 Rochester Road, Canterbury**
Cost - **$30 per person (catering by Spitting Image – carvery, salads and accompaniments with vegetarian option)**
Drinks - **$4 per glass**
Contact – **Fabienne Nichola by email to fabienne_nichola@racv.com.au**

Please note: Visiting Clubs are expected to manage their members' attendance and provide payment on the night. Kindly ensure members pay you in advance as caterers are paid on the basis of confirmed numbers regardless of attendance.

It is most important that we confirm which members of the Rotary Club of Canterbury will be attending the Wednesday GVE meeting as we must provide Fabienne Nichola with the number of people attending by Friday 12th February 2016.

Canterbury Rotary Walkers and Bike Riders

The Canterbury Rotary Walkers continued their regular Tuesday morning walks and on 19th January they were joined by guest walkers Jim, Lea and Ian. The Canterbury Rotary Bike Riders swapped their ride to the Wednesday after Australia Day and rode from South Morang to Ivanhoe, with a brief stop at La Trobe University to let Andrew ride a rhinoceros.





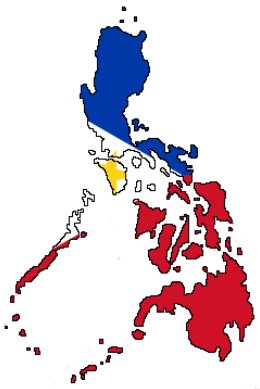
Rotary Club of Brighton Beach

invites you to a

Group Vocational Exchange Dinner



Be a gift to the world



To Welcome the GVE Team **from** D3800, Philippines &
Farewell the GVE Team from D9800 **to** the Philippines.

Milano's Hotel,
4 The Esplanade, Brighton Beach (close to South Road)

Tuesday 16th February 2016
6:30pm for 7.00pm

2 Courses, Canapes & Drink on arrival
& then drinks at bar prices.

$40 per person

Bookings **must** be prepaid via Trybooking by **13th February**

http://www.trybooking.com/176125

Enquiries:

Julie Avery: 9591 9591 (Bus)
Keiran Cromie: 0419 252 814
eMail: julie@brightontravel.com.au