



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 19 – 12 November 2015

Meeting

Mondays 6:00pm for 6:30pm
Bass 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

Recharge your health was the theme for the presentation by Jeffrey Cox, Director of the health and lifestyle company, Health Recharge last Monday evening. Jeffery is also a community pharmacist and nutritional consultant.

Despite the major advances that have been made in medicine and health over the last 30 years, heart and kidney disease, obesity, diabetes, cancer, osteoarthritis and other inflammatory diseases are rapidly rising. There are many theories as to the contributing and possible causal factors for this rapid increase. Changed dietary practices appear to be one of the major ones.



Jeffrey Cox

Since 1977, there has been a marked increase in the amount of processed foods consumed by the general population. Our diets generally have changed to high carbohydrates and low fat when compared to those consumed by our ancestors. Sugar (glucose and fructose), wheat and other grains and seed oils (high in omega 6) consumption has increased. These foods are all thought to contribute to the body's inflammatory response and hence give rise to the conditions previously mentioned.

What can we do to change this inflammatory reaction? Jeff said we should revert to three basic principles for our food consumption:

1. we should eat only when hungry,
2. we should eat like Grandma did, and
3. we should eat like our ancestors did.

And above all we should eliminate or greatly reduce the consumption of processed food, especially those containing sugars, as they increase the appetite which results in the consumption of more food and hence increases the intake of more daily calories, which results in an increase in overall body weight.

Read more about Jeff's presentation later in the Bulletin. Whether scientifically based, producer or manufacturer driven or personal preferences, diets, food fads, what foods are good for you and have beneficial effects and what are bad and may have detrimental effects will be debated and discussed forever. We thank Jeffrey for sharing his simple insights and facts about fundamental ways of enhancing health and well-being.

The message is to get well, stay well and live well.

Speaker and Activities Program

Monday November 16

Speaker: Tony Kjar, **"My Artic Journey"**

Monday November 23

Speaker: Etienne de Lavaulx, **"The History and Music of the Zither"**

Monday November 30

Annual General Meeting and Club Forum

Monday December 7

Speaker: John Hopkins, **"Are Sales Professionals Born or Trained?"**

Monday December 14

Christmas Festivities

Sunday Market 7am – 1pm

November 15 - Graeme Hindhaugh, Matt Miller, Ross Merolli

November 22 - Jenni Nankervis, John Braine, Peter May

November 29 - Edward Gwee, Lynn Steel, Malcom Short

December 6 - Breanna Ban, David Chudasko, Steve Wylie

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 - Continued

This weekend a 26 member contingent of members, partners, past-members and friends will be at Beechworth to enjoy the Annual King Valley Wine and Food LA DOLCE VITA Festival. It is sure to be a wonderful social weekend of fine authentic Italian food accompanied by fine regional wines.

This week the speaker is Tony Kjar, who is one of the members of our Rotary Bike Riding Group. When he is not bike riding around Melbourne he enjoys bike riding through Europe or sailing around Tasmania. Recently he has returned from an Arctic expedition involving skiing into the base camp on a remote northern island.

Enjoy your weekend and I look forward to seeing everyone next Monday.

Nora



The Next Speaker - Tony Kjar

Dr Tony Kjar is a consultant to the resources processing industry, especially bauxite and aluminium. Tony gave an interesting and insightful presentation to the Club in 2011 about the aluminium industry.

Tony's mining background and personal contacts regularly take him to some of the most far-flung places on the planet. Tony is one of the Canterbury Rotary Bike Riding Group and it is always enjoyable hearing about his latest experiences overseas.

Tony will be talking to the Club about his recent trip on a research expedition last year into the Arctic. It will be a fascinating talk about skiing to the research hut and the challenges that are involved in dealing with the remote icy conditions and the polar bears.

Fund Raising - Aussie Pride Badge

In the four months from July to Oct 2015 we have been able to achieve \$15,510 of total sales. About half these sales were to 'existing customers' and the half to 'new customers'. The existing customers averaged \$1,300 per order, whereas the new customers averaged \$250 per order. About half of these new sales were through the TryBooking system.

The 30 'new customers' follow Bob Falconer's mail out from the Australian Local Government Association data base, which started in late September. The Councils were mainly small rural Shire councils in Western Australia and Queensland and we can anticipate that the larger councils will take longer to place their orders, probably for Australia Day, and that they will require larger quantities. The mail out inviting new customers were given a sample badge - the cost of the mail out and sample was \$1,287.



We have a stock on hand of about 1,200 badges and I have ordered a further consignment of 5,000 badges for delivery in the first week of December. I will be in the UK during late November and new orders will be dispatched to customer on my return.

Peter May has produced a website for the Aussie Pride badge with its own domain name www.aussiepride.com.au which details the history, order process and how the funds raised are used. Our revised Club website will have a Quick Link to the Aussie Pride website.

Graham Bishop

Canterbury Rotary Lunchers



On Thursday four of our Club members joined in the fortnightly Canterbury Rotary Lunchers gathering at Trinitas Thai in Burke Road, Camberwell.

It was a really delightful meal and this restaurant can be highly recommended for those that like traditional Thai cuisine with the option to try their contemporary and fusion Thai dishes.

We concluded the meal with coffee over the road at Coffee Max.

Thank you to David Zrna for organising these lunches and more participants would be very welcome - a great opportunity to enjoy Club fellowship accompanied by some really tasty food.



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More Healthy Eating Suggestions from Jeffrey Cox

Fruit sugar (fructose) is now a very significant part of our daily dietary intake whereas our ancestors only consumed fruits on a seasonal basis, with the bulk of this being in summer and autumn so that some weight gain occurred to assist survival through the cold winter months. When fruits are consumed it is recommended that the choices be from the higher colour groups as the fruits are higher in their vitamin levels and antioxidant properties. Fructose is commonly added to sweeten processed foods and drinks.

We should increase our fat intake, as fats satisfy for longer periods when compared to eating carbohydrates. Although, always keeping in mind that fat consumption can lead to an increase in blood cholesterol and triglyceride levels. Triglycerides are the fats absorbed from the food we eat and are stored in fat cells. Cholesterol is either low density lipoprotein (LDL - which is considered to be the bad cholesterol) or high density lipoprotein (HDL - which is considered to be the good cholesterol). LDL leads to the development of fatty plaques within blood vessels that restrict blood flow and increase the potential for blood clot development and hence increase the potential for heart attacks or strokes due to the reduced oxygen being supplied to cells or the vessel being completely blocked. Cholesterol production varies for each individual and blood level monitoring should be undertaken to determine the risk for potential side effects. Saturated fat is available from butter, cream, eggs and lard. Unsaturated fat sources mainly come from seed oils. Mono-saturated fats are available from olives and olive oils.

Maybe, consider skipping or delaying breakfast and have brunch instead, if not hungry on rising. Jeff said the need for breakfast is not based on science but is driven by the breakfast food manufactures. In our ancestor's day, breakfast could only be taken after the food had been gathered or caught. By following this original practice of delaying the first intake of food it has been noted that the appetite levels return to normal and body weight can be reduced or maintained. This is the basis of the intermittent fasting 5:2 diet, where for 2 days per week the calorie intake is restricted to 500 per day.

Vitamin D also assists in reducing the body's inflammatory response by increasing the circulating macrophages (white blood cells) numbers and activity. These cells have the function of cleaning up the circulating oxidants. Our bodies manufacture Vitamin D when exposed to the sun. In our society many individuals have deficient Vitamin D blood levels due to our indoor lifestyles and the more extensive use of sunscreens to reduce the effects of sun ray exposure and to prevent or reduce the likelihood of developing melanomas. Vitamin D supplements are recommended if adequate exposure to the sun is not achieved.

The consumption of the natural products of wine, tea and coffee should be in moderation. Wine is best consumed with food. They all assist in increasing the amount of antioxidants ingested.

Exercise is always recommended as part of body weight management. The theory behind this is that if you expend more energy through burning more calories than you take in, then you will lose weight. Whilst exercise changes an individual's mood and feelings of well-being by increasing the 'happy hormones' in circulation, the calories used up come from the circulating blood and stored glycogen within the skeletal muscles. The calories are not readily taken from the glycogen stored in the liver and through the conversion of stored fats. The immediate effect of this activity increases the appetite and hence there is a tendency by many to consume more food to replenish than was used from the blood levels during the exercise. So a balance between the intake of calories and the amount of calories burnt during exercise must always be considered.

Jeffrey spoke about the effect of our ancestral metabolic type. If your ancestral background is from a cold climate then you may have a fast metabolism, alternatively those from a hot climate may have a slower metabolic rate or maybe your metabolism is a mixed type with blends of these extremes. This leads to the question of should we consider adopting the dietary practices of other regions or countries?

There is much recent talk about the paleo diet which is based on foods our ancient ancestors might have eaten. That is food such as meat, nuts and berries and excludes foods to which they had not become familiar like dairy, grains and legumes as farming foods was not practiced.

The French diet is a nutrient rich food base with the absence of sugar, seed oils and carbohydrates. Proteins and saturated fats in cream, cheese, and animal fats are consumed daily. They consume wine daily but tend to have smaller amounts and this alcohol is usually consumed with food. They also tend to eat less as ingested fat increases satiety more quickly and generally they have less body weight when compared to other Europeans.

The Mediterranean diet is another traditional dietary pattern of Greece, South Italy and Spain. High consumption of olive oil, legumes, unrefined cereals, fruit and vegetables, high intake of fish, moderate consumption of cheese and yoghurt. Olive oil is a mono-saturated fat and improves cholesterol regulation and reduces the bad LDL cholesterol. It also has anti-inflammatory and anti-hypertensive properties.

Jeffrey can be contacted by email at calmlife@bigpond.com or through his [Health Recharge](#) Facebook page.

Nora





CHRISTMAS FESTIVAL



MALING ROAD

KRISTKINDL



FRIDAY 4TH DECEMBER 2015
5PM – 9PM

Come to one of Melbourne's best street events.
Fun for all the family. Bring your kids and friends.

NEW RIDES | ANIMAL FARM | GIANT SLIDE | SANTA

UNLIMITED RIDE BANDS are on pre-sale at Bendigo Bank Canterbury,
Bennet's Butchers, Micky Junior, Classic Characters and
Canterbury Kids from 18 November 2015.

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