



**ROTARY  
SERVING  
HUMANITY**

# Canterbury Tales

**Rotary Club of Canterbury**  
PO Box 314 Canterbury VIC 3126  
Website: [www.canterburyrotary.org](http://www.canterburyrotary.org)  
facebook: [www.facebook.com/CanterburyRotary](https://www.facebook.com/CanterburyRotary)  
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**President - Doug Hawley**  
Mob: 0411 100 776  
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**Volume 31 – Issue 20 – 10 November 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*

**Gerry Cross**

Mobile 0418 130 499

[rotaryclubofcanterbury@gmail.com](mailto: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](mailto:secretary@canterburyrotary.org)

**Editor** – Max Holland

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## Alzheimer's Research Report

Last week's speaker was Simon McKenzie-Nickson who has been carrying out a research project at the Florey Institute of Neuroscience and Mental Health, University of Melbourne. Canterbury Rotary has supported this project with a scholarship of \$5,000 a year for three years. He was accompanied by his supervisor Professor Kevin Barnham. Simon has now completed his research program and is preparing his thesis.

The work involves using a well-characterised mouse model of Alzheimer's disease to test the efficacy of copper delivery compounds to treat the disease and alleviate cognitive symptoms.

Alzheimer's disease was first reported in 1906, and has become an increasing concern with greater average ages. About 5% are diagnosed at over 65, growing to more than 30% at over 85. The disease can be diagnosed via imaging of amyloid protein (plaques) and tau protein (tangles). Copper and zinc metal complexes have been used in treating affected mice.



*Simon McKenzie-Nickson*

Simon's project has involved experiments with 10 months old mice, observing memory effects in a water maze and treatment with Cu (gtsm). Improvement to the levels of an unaffected mouse were observed with drug treatment.

A great deal of work still needs to be done before human trials can be performed.

## President's Message

Last Monday Night we were privileged to hear the final report from Simon McKenzie-Nickson on his PhD project on Alzheimer's disease. We were also pleased to welcome Simon's supervisor to the meeting, Professor Kevin Barnham. The Rotary Club of Canterbury has supported Simon's work for the past three years. The project was done at The Florey - Institute of Neuroscience and Mental Health, in Royal Parade.

It was very gratifying to learn of the results of his work with a new chemical compound as a potential drug to help relieve the symptoms of Alzheimer's disease. Not only did the potential drug have significant demonstrable and reproducible success with Alzheimer's, it also had success with other neurological disorders. In particular, the successful results obtained to date for Menkes Disease were exciting. This medical condition affects about 1 in 100,000-250,000 infants resulting in a very high infant mortality rate. Simon's work demonstrated for the first time that, with further work, there may be a cure for this catastrophic disease.

## Speaker and Activities Program

Monday November 14	Speaker: Dr Adam Culvenor, <b>"Knee Arthritis: What it is and how can exercise help?"</b> Chair: Cathie Macmillan
Monday November 21	Speakers: Lynn Smaillies and Tony Atkinson, <b>"Royalty, Romance and Remedies"</b> , Chair: Rosemary Wagborne
Monday November 28	<b>Annual General Meeting</b>
Monday December 5	Speaker: Evan Tattersall, <b>"Melbourne Metro Tunnel"</b> , Chair: Ian Mellett

## Sunday Market 7am – 1pm

November 13 - John Braine, Rick Western, Max Holland  
November 20 - Rob Simpson, Brian Bloomer, TBA  
November 27 - Roger Taylor, Jenni Nankervis, David Chudasko  
December 4 - Ian Mellett, Michael Chong, Chris Mellett

**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

The support provided by our Club has given Simon the opportunity to travel overseas to both present his work internationally and also, perhaps more the importantly, to learn the latest developments on Alzheimer's by other researchers which may have some bearing on, or spark an idea, for his project. The support of Simon's project is perhaps not the normal type of project that Rotary Club's do as it is a very specific project. The project came about by a wish by some of our members to support some research into Alzheimer's. Rather than putting our money into a general pool of funds to support a range of projects it was considered that we could find a specific leading edge project to support with the help of expert medical friends of the Club. I think that members should be proud that they have in a very small way assisted in advancement of the Alzheimer's knowledge base and perhaps also pointed to a direction for finding a cure for Menkes Disease. The project also gave Club members a sense of ownership in a small way and better linked their work in fund raising to positive outcomes.

## The Rotary Showcase Program

Our District Governor, Neville Johns, has initiated a Rotary Showcase Program in 2016/17 which aims:

1. To exhibit the wide breadth of Rotary District 9800 contributions to the Local Community and Internationally.
2. To select the most appropriate Venues and/or Events within the District where Rotary activity can be showcased to achieve optimum understanding and recognition.
3. To fully utilise the operation of the Rotary Showcases to recruit new Members to District 9800 Clubs.

On that basis your District Rotary Showcase Committee has selected 3 excellent venues and dates to provide maximum exposure.

- **Bendigo** – Around Lake Weeroona on Australia Day, Thursday 26th January, 2017.
- **Melbourne** – In the Atrium alongside Fed Square on Saturday 25th February, 2017.
- **Echuca** – At the Steam Rally on Saturday 10th June and Sunday 11th June, 2017.

I believe that our Rotary Club of Canterbury has several projects that could very effectively meet the criteria for this Showcasing Program. Could all Committees please have a think about those projects that they think could fit the criteria for the Program?

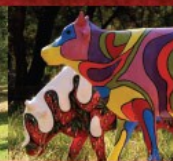
## The 2017 District 9800 Conference

Please consider the early bird registration for the [2017 District 9800 Conference](#) to be held in Shepparton on 30th March to 1st April, 2017. The [early bird discount](#) is quite significant and closes on 30th November 2016. The Conference is a wonderful way to learn about Rotary outside our Club. The overarching theme for the 2017 Conference will be Social Cohesion, a critical societal element that research recognises as being seen in communities that prove to be particularly resilient in times of stress.

Most attendees come away from District Conferences inspired by the work that Rotary does in so many ways both locally and internationally, as well as having had a wonderful time socially. It would be great if we can duplicate the number of members attending this year in Shepparton that attended last year in Bendigo.

Doug

**2017 DISTRICT 9800  
CONFERENCE  
SHEPPARTON - VICTORIA  
30 MARCH - 1 APRIL**



**Connecting Communities - Serving Humanity**

## The Next Speaker - Dr Adam Culvenor

Dr Adam Culvenor is a physiotherapist and post-doctoral research fellow at La Trobe University, Melbourne. He completed his PhD last year in the area of knee arthritis, with a particular focus on early-onset arthritis in young adults following knee injury.

Adam has presented at conferences nationally and internationally, and has spent time conducting research in both Norway and Austria. His research has featured on national science television programs and ABC Radio, and he continues to use his research findings to advance his clinical care when treating patients with arthritis.

The title of Adam's presentation is Knee arthritis: what is it and how can exercise help?





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### Rotary Donations-In-Kind in the Philippines

We sometimes wonder how well received our [Donations-In-Kind](#) efforts to recycle medical equipment are at their destination.

In 2015 DIK was able to send four surgical microscopes to destinations in the Philippines. One went to Barolos in Negros Occidental, two to the Diocesan Hospital in Masbate Province and the fourth one now sits in a hospital in Mindanao Province.

This Zeiss microscope was adapted by Dr Redentor (Reden) Rabino, an Ophthalmologist based in Manila, who travels each month to Mindanao to do cataract surgery on the poor. This has enabled him to carry out a greater number of operations and, as it has a second eyepiece, it enhanced opportunities to train other registrars to undertake this eye surgery work.

Previously Dr Reden had to transport a bulky portable microscope which was a costly and risky exercise. It is great to see these recycled machines put to use.

In 2015, while the Rotary Club of Canterbury Eye Screening Team was in Masbate, the microscopes were unpacked from the container sent by DIK to Masbate and were immediately put to use on cataract surgery on patients identified that day. Our Eye Screening Team were able to see the immediate benefit to Masbate residents of the Donations-In-Kind recycled medical equipment.

*Dr Reden and the Zeiss microscope*

### One Small Step



[Busy Feet](#) has been up and running for several weeks now much to the delight of several young people brave enough to come along and dance with a group of 'oldies'. The students all have a smile on their face and are beginning to engage happily in the class. One young man, who we will refer to as Frank, has a condition that can often present with great stubbornness. He has been reluctant to engage and spent his first few sessions laying on the bean bags. His mum said to me a few weeks ago, "I think I am wasting my time". Hang in there I said, I can see improvement each week and I think he is going to surprise us.

I said to Bill Granger, his dance partner, "If you can have him dancing by the end of this term you deserve a bottle of wine". After Bill spending sessions crawling around the floor, lazing on the bean bags, sitting beside him quietly pretending not to care, Frank engaged in a dance, one small step, every now and then.

The next week Frank stepped right up, danced to several songs, participated in whole group sessions and made himself and his dance partner very proud.

Congratulations Bill, remember all it takes is *One small Step*.

Sue Clifford

*Bill Granger with his bottle of Taylors 'One small Step' Cabernet Merlot*



### 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



### The Rotary Lunchers

The next Rotary lunch is at the 'Milan Restaurant', 44 Cotham Road, Kew next Wednesday 16th November at the usual time of 12:30pm.

'[Milan @ Kew Indian](#)' - it's an Indian restaurant that oozes class, style and originality, '25 years of Pure Indian Hospitality and Fine Food'. There are good value lunch time menu deals and it is fully licensed or you can BYO wine.

Let David Zrna know if you are coming [david.zrna@canterburyrotary.org](mailto:david.zrna@canterburyrotary.org) or 0467 033 092.



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## The Philippines Medical Mission 2016

The look of happiness that comes with an addition of an eye for a young teenage woman is a rare gift to observe. At one of our eye screenings, during our recent Philippines Medical Mission, a young teenage girl presented with an obviously long dead cornea in her right eye. Our Dr Mario had a look and just happened to have brought along a replacement right eye which was the exact match in colour. He called it Divine Providence but it was also due to his thoughtfulness and advance preparation. This is perhaps because he did a similar installation for a twelve year old girl in Masbate last year.

The before and after photographs say it all and the photo of Ashlyn with Dr Mario show her happiness and his aura of compassion. This quality of experience tells why Canterbury Rotary members have kept going back to the Philippines for the past twenty years.



## Community Service Activities

I would like to have a Community Service meeting next Monday night starting at about 8:15pm after our normal Club meeting. The purpose of the meeting is to update interested Club members and particularly, our new members, about each of our Community Service Programs this year. To keep the meeting fairly short I will give a one minute overview of each program, and the Program Leader will then be asked to give a two minute program update and status. A brief Q&A will then be available with a targeted five minutes discussion per project/program. I hope to get good updates on all key Community Service Programs, including the **Maling Road Kriskindl Festival** (Graham Bishop), the planned **Social Isolation Project** (John McCaskill) and the **Sustainability Bookshop** (Rob Simpson). Some programs will not need significant discussion, like Simon McKenzie-Nickson's PhD support.

Michael Chong

Board Approved Projects	Amount	Project Leader
Australian Rotary Health	\$500	Michael
Belmore School Scholarship/Bursary	1500	Michael
BusyFeet (Discuss RC Camberwell and Fundraising)	2000	Jenni
Camberwell High Financial Assistance	2000	Ross
Glenallen School Camp; Equipment; Student Support and volunteering programs	1000	Michael
Interchange Inner East Twilight Cinema w Guides and Rovers	3500	Lili-Ann
Interchange Inner East Activity e.g. train w Guides and Rovers	1000	Michael
Relay For Life	2000	Sue
Salvation Army English Pronunciation Classes	3000	Lili-Ann
McKenzie-Nickson Phd / Florey Alzheimer Research	Nil (100% paid)	Ian
Social Inclusion Project	1000	John McCaskill
Roster for Camcare Sustainability/DIK Book Store. Half of the Profits to Sustainability Project and half to DIK	nil	Rob Simpson
<b>Total Approved</b>	<b>\$17,500</b>	

Subject to Board Submission and Approval		
Belmore School Equipment	500	Lili-Ann
Berengarra School Equipment	500	Roger
Community Gardens (Marions/Bass)	500	Roger
Amaroo Community Centre	500	Roger
Salvation Army Back to School/similar	1500	Lili-Ann
Canterbury Community Centre	500	Michael
Aged Care program (No program has yet been proposed)	500	
Alpha 1 Project	2000	Jenni
Smart Puppy (Spending Not Required. Use \$ elsewhere.)	1000	Michael
Carrical/Romana Houses: Discuss Solar Panel proposal	1000	Roger
Maling Road KK/ Relay for Life Promotion w Guides	500	Graham Bishop
<b>Maximum Community Service Spend</b>	<b>\$26,500</b>	