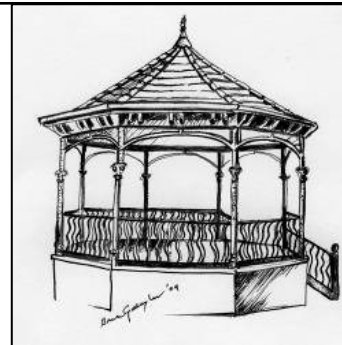




# Canterbury Tales

**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)



**President - Nora Ley**

Mob: 0419 506 177

[president@canterburyrotary.org](mailto:president@canterburyrotary.org)

**Volume 30 – Issue 33 – 7 April 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](mailto: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](mailto:secretary@canterburyrotary.org)

**Editor – Max Holland**

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## President's Message

Christine Rees, one of the community educators from the Heart Foundation, presented the current knowledge on heart attacks and reiterated the causes, warning signs and ways to reduce risks of a heart attack.

Causes of heart attacks are usually coronary heart disease where a slow build up of fatty deposits (plaque) occurs within the coronary arteries and reduces blood flow and results in oxygen and nutrients not being available to meet the needs of the heart muscle. A section of the plaque can break off or a clot forms which blocks the blood flow within the artery. This results in decreased oxygen and nutrients coming to the heart muscle beyond the blockage and death of the heart muscle if the blockage continues.

Heart attacks claim 26 lives each day in Australia with over half of the deaths occurring before the person reaches hospital. One third of people do not call 000 if experiencing chest pain and one third wait longer than 8 hours before seeking medical help.

Warning signs are different for every person and often vary on each occasion for that particular person. The person does not always complain of pain. It is often described as pressure or tightening within the chest or having difficulty in breathing. And if they do complain of pain it may not be in the chest itself. They may complain of referred pain/pressure/squeezing in the centre of their back or upper body. It may radiate to their arm, jaw, ear or simply be dizziness or light headiness or nausea, with or without clamminess or profuse sweating. Others may simply feel unwell or to the observer they 'don't look well' or are pale or greyish in colour. The actions to take when any of these symptoms occur are:

- STOP what you are doing and rest, don't walk around as this will increase the work load of the heart.
- Adopt a semi-sitting position or lie on the floor and slightly elevate your head and shoulders.
- If pain/discomfort has lasted more than 10 minutes, or gets worse quickly, call for assistance or ring 000 and ask for the Ambulance Service.
- Answer the operator's questions if possible and await the ambulance arrival. DO NOT hang up or disconnect the phone till the operator tells you to do so.



*Christine Rees explained the symptoms of a heart attack.*

## Speaker and Activities Program

Monday April 11

Monday April 18

Monday April 25

Monday April 18

**"The Boroondara Cares Foundation CHANCES Scholarship Program"**

**"The Philippines Team Presentation"**

No Meeting - ANZAC Day

Speaker: Karen Hayes from Guide Dogs Victoria

## Sunday Market 7am – 1pm

April 10 - Jenni Nankervis, Lili-Ann Kreigler, Neil Williams

April 17 - Graham Bishop, Doug Hawley, Kyle Wightman

April 24 - Dominique Brown, John McCaskill, Reginald Davis

**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**

Christine said that if you are an observer of someone experiencing chest pain or discomfort that may be a heart attack, you should:

- STOP them from doing further activity and rest, don't let them walk around as this will increase the work load of the heart.
- Put them in the semi-sitting position or have them lie on the floor and slightly elevate head and shoulders.
- Give reassurance and advise them of what you are feeling about their condition.
- Call 000 and ask for the Ambulance Service, answer the operator's questions and state what the patient says about their pain/discomfort. DO NOT hang up or disconnect the phone.
- Stay calm, stay focused and ensure that the ambulance can access the property/area readily.

An Action Plan for heart attacks is available on the website [www.heartattackfacts.org.au](http://www.heartattackfacts.org.au).

Treatment for a heart attack commences as soon as the ambulance personnel arrive on the basis that if it is a heart attack then the treatment is needed, whereas if it is not a heart attack the treatment will not do any harm.

We can all reduce the risks of having a heart attack by:

- Taking medications as prescribed for management of hypertension and high cholesterol.
- Being smoke free.
- Achieving and maintaining a health weight by eating healthily.
- Being physically active - exercise at least 3 times each week for 20 minutes.
- Maintaining your psychological and social health.
- Participating in cardiac rehabilitation programs if you are at high risk or have had a heart attack.

We should always remember Christine's take home messages – "Time is the essence in preventing heart muscle death and thus improved patient outcome and it is better to seek medical care promptly than to become a death statistic. And above all, remember it is okay to have sought ambulance/medical care, even if after investigation of the pain/discomfort experienced, it is found to be a false alarm with regard to a heart attack".

Healthy heart recipes and additional information are available on the website [www.heartattackfacts.org.au](http://www.heartattackfacts.org.au) or call 1300 36 27 87.

### **The President's Breakfast on Friday 6th May 2016**

Kathy Walker from the Rotary Club of Brighton North invited members to come to their President's Breakfast to hear a talk by Gideon Haigh who is an award winning sports journalist, author and cricket lover. All Rotarians, Presidents, Past-Presidents and friends of Rotary are welcome. Breakfast is from 7:15 am - 9:00am on Friday 6th May at International Reception, 81 Bay Street, Brighton. Registration and bookings to [www.northbrightonrotary.org.au](http://www.northbrightonrotary.org.au) or contact Phil Wheatley on mobile 0408 334 889.

### **The Canterbury Community Action Group Murals Competition**

Following the completion of the magnificent murals at the Canterbury Station Underpass, money is now being raised to support further landscape and infrastructure enhancements to develop this vast area of untapped potential into an attractive community friendly social hub. The theme for the fund raiser is "Name the Pixie & the Boy" who are the primary characters in the murals. More details about the competition are attached to the bulletin.

### **April is Rotary's Maternal & Child Health Month**

Our BusyFeet Activity for Boroondara is reaching the final planning stage and you can read about the program on our website at [BusyFeet in Boroondara](http://BusyFeet in Boroondara). Please contact Jenni Nankervis [Jenni.Nankervis@canterburyrotary.org](mailto:Jenni.Nankervis@canterburyrotary.org) if you know someone who is a professional dance teacher that could lead this exciting weekly program. The month of April is Rotary's Maternal & Child Health Month and BusyFeet is an activity designed to create a special place for children with disabilities through dance and music.

I look forward to seeing you all on Monday when Helen Worlidge will talk about the CHANCES scholarship program of the Boroondara Cares Foundation which supports talented and motivated young people to overcome barriers to educational success.

Nora

*The Pixie  
& The Boy*







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## The Next Speaker - Helen Worladge

Next Monday we shall hear from Mrs Helen Worladge, the Coordinator of the excellent CHANCES Program of the Boroondara Care Foundation. Helen will tell us how she pursues this annual exercise of choosing secondary and tertiary Boroondara students to gain assistance in furthering their education. There is both the role of choosing recipients and also chasing funds from various organisations to be able to continue to provide the assistance. The CHANCES Program this year is assisting 25 tertiary students and 120 secondary students in Boroondara schools and institutions of learning.

Helen will be accompanied by a tertiary student, Ms Diazzy Maan who will also provide an insight into what the Chances program means to her and how it has helped her.



## Relay for Life 2016

It is with great pleasure that I can advise we have made a donation to **Relay for Life 2016** of **\$2184.50**. Thank you to all members who supported this cause and again to those who attended the meeting at the event.

In addition I would like to once again thank the Maling Road Retailers Association. Their enthusiasm to **Paint the Town Purple** was overwhelming and when we collected the donation boxes were astounded to have raised **\$354.70** in proceeds plus an additional **\$50** donation from the optometrists. Congratulations to Bohemia Cakes who not only took out the window display but also collected the most money for the promotion period.

The 2016 event itself is currently sitting at over \$76,000 in funds raised with 2 more weeks left for banking transactions to be finalised, so hopefully they will push over the \$80k mark by then.

It has been absolutely fabulous for Canterbury Rotary to partner in this event with the Maling Road Retailers Association, Glen Iris Rovers and the Cancer Council.

Thank you one and all.

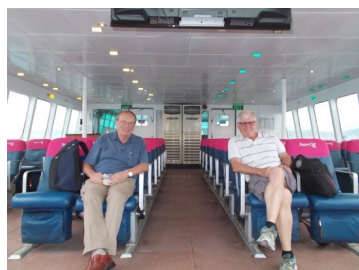
Sue Clifford



## Philippines Medical Mission

At our Club meeting on Monday 18th April is the Report Night for our 2015 Medical Mission to the Philippines. Jasmine Peldys and Breanna Ban will be reporting on their experiences, as two of the orthoptics students on the most recent trip. Doug Hawley and Rob Simpson will be just back from the Philippines and will outline the exciting plans for the 2016 mission to the island of Mindoro. This meeting will be an ideal opportunity to invite family and friends to come along and hear what our Club has done and plans to do in helping people in the Philippines.

*Doug Hawley and  
Rob Simpson in the  
Philippines planning  
the 2016 mission*



# **April is Rotarians at Work Month**

***All hands on deck - Saturday 16th April- in support of Servants Community Housing. All clubs are invited to participate.***

***It's that time of the year again when Rotary clubs "everywhere" turn out for a significant project to showcase Rotary at its best – delivering hands on community service.***

The last three years have seen city-wide multi-club programs initiated in the Boroondara Cares Forum.

First there was a gardening effort across our city in 2013. In 2014 Jo-Anne Tamlyn (RC of Camberwell) led a most successful Romana Centre refurbishment support effort. And last year sixty Rotarians from nine clubs hit the streets of Boroondara to promote a drug abuse seminar funded by the Boroondara Cares Foundation.

**This year the baton has passed to the Rotary Club of Yarra Bend to lead Rotarians at Work. All Boroondara Rotarians are invited to support their program.**



***2014 Leader Jo-Anne Tamlyn (R) of RC of Camberwell with PP Ngaire Cannon of RC of Hawthorn and Servants CEO Matt Maudlin take a break at the Romana Centre. All clubs were represented.***

## **The program**

***We are to spring clean (in autumn) the three Servants Homes—Carrical, Hamer Court and the Romana Centre. Work is light and will include cleaning floors and windows—maybe some light gardening too. Properties will be allocated to particular Rotary Clubs.***

***We can work for an hour or two or a day—whatever suits each of us. Some details are still to be completed but there are sure to be great opportunities for fellowship with a BBQ and/or morning and afternoon tea provided by Servants.***

***Servants can't equip everyone. But they do have TONNES of cleaning materials/chemicals, cloths and the like. It would be helpful for people to bring buckets, rubber gloves, brooms, window washing items, and gardening equipment.***

**To sign on for this great Rotary program (or for more information) please contact - Bob Lambert (RC of Yarra Bend) 0425 748 006 or Peter Allen (RC of Camberwell) 0412 035 247**

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**CANTERBURY STATIONEERS, an initiative of  
CANTERBURY COMMUNITY ACTION GROUP INC. (CCAG)**

*Announces a once in a lifetime*

*Competition to*

**“Name the Pixie & the Boy”**

*Featured in the new Mystical Adventure Murals at the Canterbury Station Underpass.*

*A panel of community representatives including the Maling Ward Councillor Jane Addis,  
the Murals Creator/Artist Hayden Dewar & Bendigo Bank Executive Dick Menting  
will judge the winning entry.*

*The winner will receive a Bank Account to the value of \$250  
Donated by Bendigo Community Bank.*

*The winning names will be inscribed on the mural and the winner will be photographed at  
the mural with the artist Hayden Dewar.*

*All proceeds from the competition will go towards further development  
and enhancement of the Canterbury Station Underpass.*

*Please place entry forms and \$2 entry fee in the boxes provided in the foyer of  
the Bendigo Community Bank Branch at 143 Maling Road - Canterbury*

***Entries close on 1<sup>st</sup> June 2016***

***The winner will be notified by 16<sup>th</sup> June 2016***

Canterbury **Community Bank**® Branch

143 Maling Road, Canterbury - phone  
9836 9466

