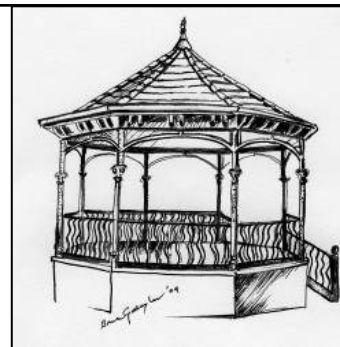


# Canterbury Tales

**Rotary Club of Canterbury**  
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**President - Rob Simpson**

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

**Volume 32 – Issue 24 – 14 December 2017**

## 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



**Secretary** – John Braine

Ph: 0411 1156 129

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

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*Yang Xu*

## Learning the Secrets of Longevity

Last Monday our speaker Yang Xu's subject was "Learn the Secrets of Longevity from the Greek Fountain of Youth". Yang is a Speaker, Coach and Retreat Leader. He is the Founder of World Class Health Tours, which he describes as Australia's #1 provider of Transformational Wellness Experiences. After experiencing burnout and physical exhaustion from working in his digital marketing agency, he went on a world journey to discover the secrets to living the best life possible. He travelled to 35 countries and discovered many amazing places and secrets. Now he speaks and coaches others on empowering them to live a healthy and fulfilling life. In his presentation Yang shared how he discovered the secrets of longevity from a little known Greek island called Ikaria, which is one of the world's famous 'Blue Zones'.

Blue Zones is an anthropological concept that describes the characteristic lifestyles and the environments of places with the world's longest-lived people. The other four identified 'Blue Zones' are Sardinia in Italy, Okinawa in Japan, Nicoya in Costa Rica, and Lomo Linda in California.

Yang spoke about his experiences staying in Ikaria and meeting with residents. He identified and discussed four features or principles in the lifestyle of Ikarians which are believed to be key to their longevity. The principles and their takeaway messages are:

Principle	Takeaway
1. Nourishment – Mediterranean diet, vegetables, fruit, wine.	How can you mould your environment to make the healthy choice the easy choice?
2. Movement – physical activity through work and play.	What movement activity can you do to make it part of your daily life?
3. Community – family and community activities.	What communities can you be a part of to get to where you want to go?
4. Purpose – your reason for being. That which gets you up in the morning.	What brings you joy? Schedule more of that in your life.

Yang is leading his first Health Tour Group to stay in Ikaria in 2018 and experience the Ikarian approach to a happy and healthy longevity. He would welcome hearing from interested participants. His contact details are as follows: website [www.worldclasshealthtours.com](http://www.worldclasshealthtours.com) email [yang@yangxu.com.au](mailto:yang@yangxu.com.au) mobile 0477804770.

## Speaker and Activities Program

Monday December 18

Social Event - **Christmas Celebrations at the home of Kate & Gerry Cross**

Monday January 15

Social Event - **Canterbury Gardens New Year Barbecue and Picnic**

## Sunday Market 7am – 1pm

December 31 - Gerry Cross, Neil Williams, Andrew Mastrowicz

January 7 - Han Nguyen, Cathie Macmillan, Bill Granger/Annette Brownscombe

January 14 - Kyle Wightman, Lizeth Rodriguez, David Zrna

January 21 - Sarah Prossor, Alan Stevens, Amir Salehi

January 28 - Anne Josefsberg, Gillian Swinnerton, Sarah Walters

**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.**



# Canterbury Tales

Rotary Club of Canterbury

## President's Message

Another great speaker on last Monday, Yang Xu talking about the 'secrets of longevity from the Greek Fountain of Youth'. I'm delighted to learn that one of these secrets, according to Yang, includes the moderate consumption of fermented grape juice. Yang explained the common characteristics of the 'Blue Zones', where people tend to live over 100 years of age, which are:

- Island of Sardinia, Italy.
- Okinawa, Japan.
- Loma Linda, California.
- Costa Rica's isolated Nicoya Peninsula.
- Ikaria, an isolated Greek island.



Yang talked mostly about the very interesting Greek island of Ikaria, where he is taking a small group tour in September 2018.

We also had the pleasure of several guests: Janet Hay, who is a significant volunteer at the Rotary Shop in Camberwell, George Dolezal, Ryan Bartlett and Penny Hamilton, the sister of one of our members, Rosemary Waghorne. It was also a delight to see Roger's wife, Leonie Taylor, also attend the meeting.

## Rotary Opportunity and Sustainability Shop

Regarding the Rotary Sustainability Shop, I am sending this bulletin with mixed news, both sad and happy. The shop has been given two months notice to vacate the Camberwell premises. One of the difficulties of being a 'pop up' is that the shop does not have security of tenure. However, there are several other possible locations that are being investigated, that may offer more space.

The income in the first 12 months of operation provided \$12,000 for Donations In Kind's operations, one of highly effective recycling projects of Rotary District 9800. The shop has also supported Fair Trade charities in Nepal, Timor Leste, and Laos, bringing nearly \$19,000 into grass roots support for vulnerable women and their families, and have disbursed approximately \$20,000 to both local charities and Rotary charities.

The shop will need lots of help packing before the 26th January, so there will be opportunities for volunteers to sort the stock. If any members or Friends of Rotary have some time, I would encourage you to contact Janet Hay email [janethay1122@gmail.com](mailto:janethay1122@gmail.com) or mobile 0411 411 732.

## The Aussie Pride Badge - 'Wearing the Wattle'

Following the meeting, a number of members remained to discuss the expansion of the AUSSIE PRIDE™ badge. It was firmly decided that whilst Graham Bishop is contributing a huge amount of time and thought into the future expansion of the badge, which is one of the Club's main income streams, Graham requires much needed assistance with promotion. So if any Club member or Friend of Rotary has any ideas or wishes to help, I would encourage you to contact Graham by email at [grahambishop@gmail.com](mailto:grahambishop@gmail.com) or mobile on 0412 154 540.



## Meeting the Requirements to Manage Child Safety Activities

A reminder that all Club members should by now have signed the Club's Code of Conduct document and have completed and signed the Canterbury Rotary Club Youth Information and Declaration Form and have given these signed documents to the Club Secretary, John Braine. Details about meeting the requirements to manage child safety activities along with how to obtain the Working with Children Registration was provided in an email to all Club members on 26th November.

## The District Conference in Warrnambool

The District Conference is coming up on 16 – 18 March 2018, with the Conference finishing on the Sunday afternoon with a FORaMEAL food packaging event organised by Doug Hawley, but involving most of the other Clubs throughout the District. The District Conference is always a most interesting event, and I encourage all members, to attend.

## The Christmas Celebration at the home of Kate & Gerry Cross

Next Monday we will have a Christmas Celebration Party at the home of Kate & Gerry Cross, 32 Morden Court, Nunawading 3131. The evening will commence at the usual time of 6:00pm for 6:30pm start. The cost is the usual \$30pp but to attend you should have pre-registered and prepaid - contact Alan Stevens on mobile 0416 120 851 ASAP if you want to come and have not yet registered and/or paid. As usual the food is provided but it is a BYO event for drinks other than tea and coffee, with beer, wine and soft drinks available by donation for those wishing to just have a small tippie.

Rob

**THE POWER TO MAKE  
A DIFFERENCE**  
2018 DISTRICT 9800 CONFERENCE  
16-18 March / Warrnambool / Victoria

Rotary



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MAKING A  
DIFFERENCE

