



**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)  
Twitter: <https://twitter.com/rccanterbury1>



**President - Doug Hawley**  
Mob: 0411 100 776  
[president@canterburyrotary.org](mailto:president@canterburyrotary.org)

**Volume 31 – Issue 2 – 7 July 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

Ph: 0428 477 488  
[bulletin@canterburyrotary.org](mailto:bulletin@canterburyrotary.org)



## Getting a Good Night's Sleep

Last Monday our speaker was Shane Edwards from [Sleep Services Australia](#) who spoke to us about getting a good night's sleep. Shane is a sleep scientist and clinical educator with a Bachelor of Health Science degree and postgraduate qualifications in Sleep Science.

Shane asked us the question 'why do we sleep'? Among other things the answer is that we need sleep for simple healing and repairing of body and tissue and for maintaining optimal emotional outlook to dream, recharge and rest. To achieve optimal sleep we need to progress through three phases of sleep architecture followed by the REM (Rapid Eye Movement) phase.

**Stage 1** - your eyes are closed, but it is easy to wake up and lasts 5 to 15 minutes.

**Stage 2** - you are in a light sleep and your heart rate slows and your body temperature drops as you get ready for deep sleep, and this also lasts for 5 to 15 minutes.

**Stage 3** - you are now in deep sleep during which stage the body releases growth hormones to repair and regrow tissues, build bone and muscle, and strengthen the immune system. During this phase some normal body functions like food digestion and processing of alcohol cease. Most Stage 3 sleep occurs during the first third of the night.

**REM** - after about 90 minutes from falling asleep you go into the Rapid Eye Movement Stage which revitalizes the memory. During REM your body is 'paralysed' and brain activity is very high and intense dreaming is likely to occur.

You go through these phases several times during the night with the REM stage increasing in length, and in the morning you may wake with the memory of a dream.



*Shane Edwards*

Sleep problems often relate to not progressing through these sleep stages, and often in particular not achieving the Stage 3 deep sleep. For example, people with Sleep Apnoea stop breathing as they go into Stage 3 deep sleep and so their body takes them back to Stage 2 to restart the breathing, that is they do not get the rejuvenating Stage 3 deep sleep. Shane spoke of one man who used to 'sleep' for 10 hours and still feel tired, but after treatment for Sleep Apnoea he could get an adequate sleep in only 4 hours!

Shane also told us that if you have too much alcohol before going to bed at night the body has to keep you in Stage 1 and Stage 2 to enable the alcohol to be processed as this cannot be adequately done during Stage 3 sleep - so you may lay 'awake' around 3 am without going into deep sleep as your liver works away processing the alcohol.

## Speaker and Activities Program

Monday July 11	<b>Camberwell Art Show Dinner</b>
Monday July 18	Speaker: Jason Thomas, <b>"Personal Security"</b> , Chair: Kyle Wightman
Monday June 25	Speaker: Russell Pearson, <b>"Digital Marketing"</b> , Chair: John Braine
Monday August 1	Speaker: David Hume, <b>"Life in the Blind Lane"</b> , Chair: David Chudasko
Monday August 8	Speaker: Jeremy Scott, <b>"The Long Road from a Broken Heart"</b> , Chair: Ander Pederson

## Sunday Market 7am – 1pm

July 10 - Ander Pederson, Graham Bishop, Nick Iremonger/John Richards  
July 17 - Dominique Brown, John McCaskill, Nick Iremonger/Lynn Steel  
July 24 - Graeme Hindhaugh, Kyle Wightman, Lili-Ann Kreigler

**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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**Canterbury Tales**  
*Rotary Club of Canterbury*

## **A Continued Good Night's Sleep**

Sleep can be interrupted by changes to our Circadian Rhythm due to lack of Melatonin because of such things as excessive light and sleep disorders such as Jet Lag (which is short term). Sleep Apnoea (which is long term) is an airway blockage caused by the palate collapsing which has symptoms of snoring, choking and headaches, and which can be exacerbated by factors such as shift work, alcohol consumption, supine sleeping on your back and 'restless legs'!

Shane went on to discuss the various remedial devices available such as nasal CPAP machines, oral/dental devices and behavioural therapies and ways to improve sleep hygiene. He said sleeping at night and getting to bed on time and avoiding naps of more than 20 minutes during the day is desirable, although he said that the body has a normal 'siesta' phase in the early afternoon. Stimulation such as iPad use, bright light and TV watching prior to slumber will hinder sleep. If during the night you have a problem on your mind, then have a pad beside the bed and write it down as a reminder so you can forget about it and deal with it in the morning. Warm milk or a light snack can help you get to sleep. Some relaxation techniques can help too but do not have alcohol, caffeine or even sleeping tablets prior to bed.

Shane distributed an assessment questionnaire where the questions have a numerical weighting which allowed the effectiveness of your sleep to be assessed. People who scored higher than 10 may have sleeping problems that need to be professionally assessed and treated. The high level of interest in the room was proven by the wide range of questions fielded by Shane. It was a very interesting and informative presentation and Shane was a very good speaker on 'Getting a Good Night's Sleep'..

## **Acting President's Message**

It was my pleasure last Monday, in the absence of President Doug Hawley, to induct Nick Peardon and the six transferring Rotary Club of Boroondara members, namely: Chris James, Ann Josefsberg, Cathie Macmillan, Greg Vero, Rosemary Waghorne and Ted Waghorne and officially welcome them all to our Rotary Club of Canterbury. They all bring a breadth of knowledge, skills and talents to add to our team. We all extend our best wishes to them and their family members and friends. We believe that their future association with our Club will be fruitful and rewarding for us all.

Also on behalf of us all, I extend best wishes to Doug and wish him a speedy recovery and hopefully no more hiccups on his recovery pathway following surgery. We look forward to Doug's return next Monday at the Camberwell Art Show Dinner Event.

Nora Ley  
Past President



*Nick Peardon and Nora Ley*



*Ted Waghorne, Greg Vero and Chris James  
Cathie Macmillan, Anne Josefsberg, Rosemary Waghorne and Nora Ley*

## **The Next Meeting - The Camberwell Art Show Dinner**

The next meeting and dinner of the Rotary Club of Canterbury on the 11th July will be held at the usual time of 6:00 for 6:30 pm at the special venue of the Camberwell Art Show, Swinburne University Advanced Technologies Centre Building, 417 Burwood Road, Hawthorn. Parking is in Wakefield Street or at the old Hawthorn Town Hall. The cost is \$25 per person. After the Dinner the exhibits of the Art Show will be available for inspection and purchase.

The Camberwell Art Show offers a superb opportunity for artists to showcase and sell their work. For visitors there is a magnificent selection of high quality work to enjoy and purchase. Through your support of the Camberwell Art Show you will be assisting Rotary in promoting peace, health and goodwill both in our community and abroad.

[camberwellartshow.org.au](http://camberwellartshow.org.au)





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## Canterbury Tales

Rotary Club of Canterbury

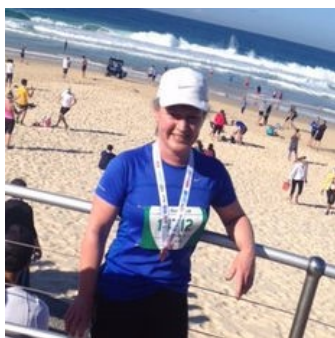
### The 2016 Sun-Herald City2Surf Fun Run

As Australians we all love a day out in the sun, but did you know that we have the highest rate of melanoma in the world? Melanoma is the deadliest form of skin cancer, and is the fourth most common cancer in Australia.

In young Australians (15-39 years) melanoma has the highest number of diagnoses out of all cancers! This is a message that I think needs sharing, and I am going to help change these statistics by supporting the Melanoma Institute of Australia (MIA) to improve treatment options, and help educate Australians on the importance of early detection and prevention.

I would be so grateful if you would support me in my efforts to raise funds for MIA in the 2016 City2Surf. The funds I raise will help MIA fund research to discover new ways to reduce the amount of melanoma deaths. This is a cause I am very passionate about having had a melanoma 20 years ago. I would love it if you were able to help me in my mission. Here is the link to my fundraising page: <https://city2surf2016.everydayhero.com/au/cathie>

If you make an online donation you will automatically receive a tax deductible receipt, but if you would prefer to donate with cash or cheque I can arrange for a receipt to be sent to you. I am currently sitting third on the MIA fundraising leaderboard with \$1,660. The leader is on \$2,400. Being the competitive person that I am I would love to reach first place!



I really appreciate your support!

Cathie Macmillan



### The Canterbury Rotary Lunchers

The next Canterbury Rotary Lunchers lunch will be at the "Harp of Erin Hotel" in Kew East.

From the zomato reviews: "Old school pub grub done very well. Bangers and mash a winner. Staff are very friendly. Service at lunch was great." "Steak and veggie pie was one of the best I've had, and the parma was pretty solid too." "Busy at lunchtime for it's reasonably priced food, which is freshly prepared and excellent."

The address is 636 High Street, Kew East on the corner with Harp Road. The lunch will be on Wednesday 13th July at 12:30pm. A Seniors Lunch is available from \$15.

Let Mal Short know if you are coming [malcolm.short@canterburyrotary.org](mailto:malcolm.short@canterburyrotary.org) or 0404 805 933.



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[camberwellartshow.org.au](http://camberwellartshow.org.au)

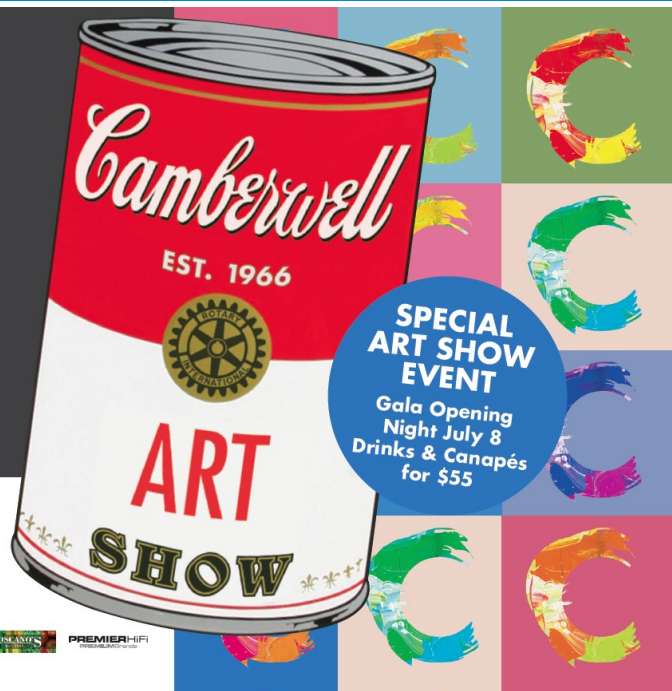
**CAMBERWELL  
ART SHOW**  
**9-17 JULY 2016**

Saturday-Sunday 10am - 5pm

Monday-Friday 10am - 9pm

Swinburne University ATC Building,  
Burwood Rd, Hawthorn

**Rotary**  
Club of Camberwell



**DUNCAN THOMPSON  
EXTENSIONS**  
concept to completion

**Artwise**

**BAYFORD**

**Herald Sun**

**WATSON'S HALL GALLERY**

**GLENFERIE HAWTHORN**

**SWINBURNE  
UNIVERSITY OF  
TECHNOLOGY**

**Deans Art**

**Hayman**

**La Pina**

**CHAPS**

**WATSON'S HALL GALLERY**

**WATSON'S HALL GALLERY**

**Elegance Tiles**

**WATSON'S HALL GALLERY**

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