



**ROTARY  
SERVING  
HUMANITY**

# Canterbury Tales

**Rotary Club of Canterbury**  
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**President - Doug Hawley**

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**Volume 31 – Issue 13 – 22 September 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*

## Mal Short

Mobile 0404 805 933

[rotaryclubofcanterbury@gmail.com](mailto:rotaryclubofcanterbury@gmail.com)

*Advise Mal 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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## The Meltdown Man

Last Monday night we were privileged and inspired to hear Mark Dorrity, the “Meltdown Man” tell of his story. In 1988, at the age of 28, Mark went in a running race in Wagga. He was a fit young man and competed at a high level in several sports. The temperature on the day was a warm 31°C and he started the race a little dehydrated and drank nothing during the race. He did not feel that he was dehydrated or becoming more so as the race progressed. His condition was made worse because he did not know he had Coeliac Disease. After 7km he collapsed and was taken to hospital. His body temperature had risen to 43°C and he was placed in an ice bath. Things went from bad to worse and his body started to shut down. His heart stopped at least once. His pulse hammered then away at 165 beats per minute. Doctors decided to put him into an



induced coma. He was transferred to St Vincent’s Hospital in Sydney but, after 12 days, gangrene started to set in and his muscles were khaki in colour and started to die. As Mark put it, the colour of his muscles was like “overcooked meat”. The doctors felt the only thing to do was to amputate his left leg. His family was told that without this surgery he would die and so the amputation went ahead at just below his hip. As a result of his injuries he lost 50% of his body weight over 12 months.

Mark’s rehabilitation from this terrible trauma, and as he put it “to regrow his life”, was the take home message that he wanted to deliver in his talk. He firmly believes that had he not taken mental control of his rehabilitation, he would not be here today.

As a result of his recovery experience, Mark introduced us to the term, **AGRROW**. He went on to explain the meaning behind each letter in this word.

**A** – Accept your difficult situation.

**G** – Set a specific **G**oal to recover.

**R** – Take **R**esponsibility to change your situation. Mark’s main rehabilitation took over 22 months.

**R** – Use whatever **R**esources are available to assist reach your goal. Mark had to learn to talk again and was helped to do this by a speech pathologist. It took him 2 years to learn how to say the word “pilgrimage”.

**O** – Take advantage of **O**pportunities that may present themselves as a result of your new situation.

**W** – **W**hat next. Reset your life goals.

Marks believes that his **AGRROW** process can be applied to any problematical situation in life and challenged us to ask questions of ourselves, reflecting the meaning of the letters in the word.

*Mark Dorrity - The Meltdown Man*

## Speaker and Activities Program

Sunday September 25

Monday September 26

Monday October 3

Monday October 10

### **‘Guess Who’s Coming to Lunch’ Social Activity**

Speaker: Penny Underwood, “**Community Services for Women**”, Chair: Michael Chong

Speaker: Dr Binoy Kampmark, “**Brexit Consequences**”, Chair: Chris James

Speakers: Richard Potter & Phil Wheatley, “**Youth Suicide Awareness**”,

Chair: Anne Josefsberg

## Sunday Market 7am – 1pm

September 25 - Gerry Cross, Cathie Macmillan, Sarah Walters

October 2 - Oubada El-Ali, Neil Williams, Ted Waghorne/Rosemary Wagehorne

October 9 - John McCaskill, Ander Pederson, Helen Hartnett

**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*

### The Meltdown Man - Continued

Mark has been informed that he is the only survivor in the world that has had a combination of severe heat stroke, rhabdomyolysis, gangrene, and a rare form of chemical poisoning called BIPP. As a result of his trauma and recovery, his story made the front page of the Sydney Morning Herald with the headline, "Run meant melt down of his body". He subsequently was referred to as the "Meltdown Man". Although Mark still has significant health issues in that his remaining leg has significant nerve damage and he is constantly in pain, he readily said with a smile on his face, "I still have a great life".

### President's Message

Last Monday night we were privileged and inspired to hear Mark Dorrity, the "Meltdown Man", tell of his story of survival following an extreme case of heat stroke and dehydration. He gave us a process that he used to get him through his major medical problems. He believes that this process has generic applications and can also be applied to resolving many other life problems. Please read a full account on his talk.

### Welcome to Philippine Marabita

We were also privileged to have our Rotary exchange student, Philippine Marabita from France, visit us along with her host family parents, Neil and Alison, from the Rotary Club of Richmond with whom we are jointly funding her stay. Details about Philippine were included in last week's Bulletin. Thanks Brett for organising this.

### Please attend our meetings - and let us know

For the third week in a row we have been having a very good role-up of members at our meetings. This is undoubtedly due to the high quality speakers that our Program Committee, led by Alan Stevens, has been arranging. One of the outcomes of this, however, is that the Canterbury Centre has to cater for more people than are expected. Last week several members did not get a meal or only half a meal. It would be great if we could reproduce the parable of the loaves and the fishes in the Bible, but unfortunately we are only human. Can I please request that if you think that the Club may not anticipate you attending, being absent or bringing guests, could you let the Club know. Mal Short on 0404 805 933 is the current contact person but this function may change to someone else in the future. The actual person to contact is shown on the front page of our Bulletin every week. If we are unable to manage this effectively, we may need to implement a system where you need to register your intended attendance.

Nevertheless, regardless of the system in place, the key thing is that we want you to attend the meeting even if you have not advised the Club of your intention - we will get by somehow. We much prefer to have you attend than not attend even if you omitted to let the Club know that you are coming.

### Guess Who's Coming to Lunch

This Sunday we are having a "Guess Who's Coming to Lunch" social function. Members have responded in good numbers for this event and we will have a great time. Thanks to the Social Committee led by David Robertson for this event for making all the necessary arrangements.

### Vale - Beth Donkin

Lastly, it was very sad news that we heard about Beth Donkin's passing last weekend. Beth has been associated with our Club for the past 27 years. She has been a key initiator of some of our major projects including our former fund raising Fish Dinners and our Port Fairy Weekends. We will miss her friendliness in particular. Our condolences go to Trevor and his family.

Doug



*Brett Riley and Philippine Marabita*

### The Next Speaker - Penny Underwood

The link between family violence and homelessness is vast - about 44% of women's homelessness is due to family violence. Yet female homelessness still remains invisible. McAuley Community Services for Women provides much needed service for women and their children who are homeless. Penny Underwood holds qualifications in Public Relations, Journalism and Arts. Over the past 20 years Penny has represented government, social justice, professional associations and organisations working in education and international aid. Penny is working to more effectively promote the various arms of McAuley's activities and services through raising their profile and the issue of the connection between family violence and homelessness.



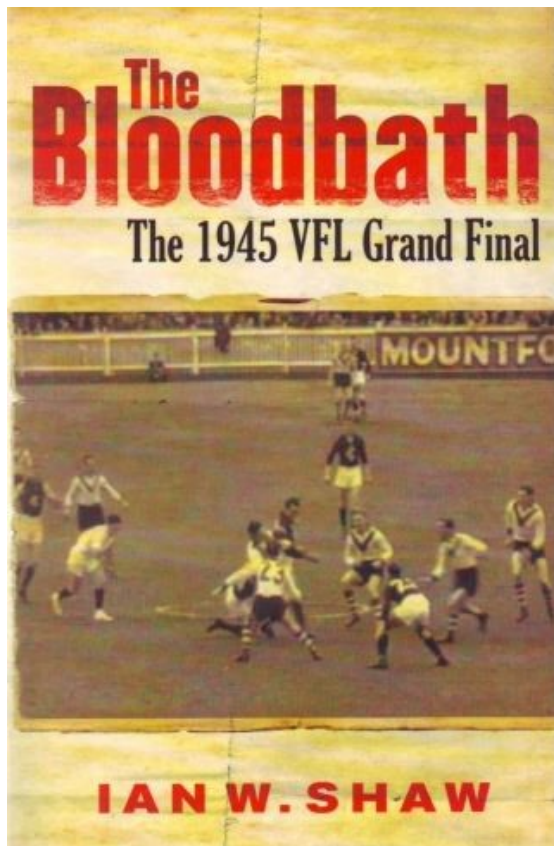


## The Grand Final Dinner on the 29th September is a Double Feature Show!

Author Ian Shaw will speak about the 1945 Grand (Bloodbath) Final, and Hawthorn Legend Peter Knights will discuss how the game was when he played and relate with Ian how the game in 2016 has changed over the years.

Members, Partners and Friends don your AFL colours to add some colour to the evening

A great night is assured.



Listen: ABC Radio

Saturday Extra interview with Ian [HERE](#)

### Career highlights

- Australian Football Hall of Fame inductee (1996)
- Hawthorn Team of the Century
- Hawthorn premiership side 1976, 1978, 1983
- Hawthorn leading goalkicker 1972
- Hawthorn best and fairest 1975, 1978
- Victorian state representative: 9 occasions
- Simpson Medal 1971, 1978 (Best Player, VIC v WA in Perth)

The 1945 "Bloodbath" Grand Final, played between South Melbourne and Carlton, is described as the most violent Grand Final in VFL/AFL history.

About five years ago, when Ian wrote a long article on the Bloodbath, he spoke to 11 of those who played in it - four from South, seven from Carlton. One of the Carlton players, Jim Clark, who had desperately wanted to go to the war and been prevented by his family, told Ian with pride how a returned soldier in the crowd had told him the match embodied the spirit of Australians at war.

Ian had always assumed that the Bloodbath was a case of young men home from war letting loose their demons on a football field. In fact, only two of those who played, South's Laurie Nash and Carlton's Clinton Wines, had seen active service. What happened was that young men who hadn't been to war played a war game in front of a lot of young men who had. The match, played at Carlton because the MCG was still in use as a military base, drew a crowd of 60,000.

# North Balwyn Rotary Club

## Grand Final Dinner

**Thursday 29th September**

Partners (It's a designated Partner's Night) and Guests welcome.

Dress: Your favourite Team Colours (let your imagination go wild).

6.00 for 6.30pm

Kew Golf Club

120 Belford Road Kew

Members please advise apologies and also if you are bringing your partner or a guest in the usual fashion.

...or

E-mail Hugo Goetze. [hugogoetze@netspace.net.au](mailto:hugogoetze@netspace.net.au)

