



Rowan's Reflections

Congratulations to everyone who participated in our record-breaking catering at the Grand Prix, and especially to our amazing coordinator Geoff Steinicke. Before the sale of excess eggs and bacon this week we had netted more than \$24k.

Our guest speaker Associate Professor Sunil Bahr this week introduced us to Swinburne University of Technology's Well-Being clinics. The clinics commenced in 2011 and focus on the emotional needs of older adults, particular men, in residential aged care settings. There is more detail in this Grapevine, but Dr. Bahr explained that there is a gap between the total needs and basic needs of these residents and being able to tell their stories and express their needs is of great value to them and their families. He was flanked by two of our aged care experts, Belinda Wandabwa, who works in the area of residential care, and Sam Hardikar, who leads a team meeting older adults' needs in their homes. The statistics and narrative gave us considerable food for thought.

This week it was my pleasant duty to induct our two newest members.

Jeanette Leigh is a writer and journalist who will join Garth Symington's Communication and Image team. She will, amongst other things, be able to add considerable value to our new cluster initiative to run a regular Rotary Update column in the Progress Press newspaper.

Philip Wade is a retired lecturer and paramedic with some hidden talents - I know for a fact that he organised a Primary school reading project in the past. He will join the Community Service Committee, chaired this year by Jane Pennington.

Next week we are visiting the Walter and Eliza Hall Institute and there is no meeting at Kew Golf Club. Thanks to John Magor and Peter Elliott for organising the visit.

Please note that our meeting the following week is on Wednesday 12 April, not the Thursday, because many members are expected to be going away for Easter.

Have a great week and do what you can to further Rotary Serving Humanity.

President Rowan.



Our Leadership



RI President
John F. Germ



DG 9800
Neville John



AG Eastside
Jonathan Shepherd



President RCNB
Rowan McClean

MEETINGS

THURSDAYS
6 for 6.30pm
Kew Golf Club

120 Belford
Road Kew
3102
Ph.
9859 6848



Visit our Club Website: <http://rotarynorthbalwyn.com.au/>

Guest Speaker: Prof. Sunil Bahr

Providing companionship and support, and helping older adults feel valued, is an area where there is potential for great improvement in our community.

Nursing home staff are not trained to provide these extra human services and do not have time to attend to other than basic feeding and bathing needs. Psychology and counselling students and graduates have been much more attracted to working with children.

Studies have shown that older men are the highest risk group of committing suicide.

Swinburne University of Technology have developed a well-being clinic approach to overcome this gap using cognitive therapy. Success has seen the development of nine clinics from Richmond to Bendigo.

In our community 92% are in the community (70% in their own homes) and 8% are in nursing homes).

The good news is that general mental health issues are declining in older people. Unfortunately though, dementia and suicide are increasing, especially in older men.

What the Age newspaper recently called the "tsunami of ageing" is going to dramatically increase demands for accommodation and the incidence of some mental health challenges.

The highest rates of depression in this sector are amongst caregivers - the rate is almost 60%.

Experience has shown that where older people are likely to reject "counselling" they do want to chat. Capturing their life stories makes people feel valued, restores dignity and encourages engagement with their problems and concerns. Technology is being utilised, and three minute videos are produced once trust has been developed. For various reasons the three minute video might be the first opportunity family members have had to properly hear the persons story.

Congratulations to Assoc. Professor Sunil Bahr of Swinburne for the work he is doing on this important area.



Host, Belinda Wandabwa thanking Prof. Bahr on behalf of The Club



Welcome new members Philip Wade and Jeanette Leigh.



D9800 District Conference 2017 Shepparton



Left: [Bouchier Street Primary School](#) boys welcome to Shepparton



Right: Deborah Cheetham AO and a young soprano from the Dhungala.



Left: DG Neville John and Rebecca

Below: Moritz giving his thoughts on Youth Exchange



THE NORTH BALWYN CONTINGENT

Geoff's Health Tip Do you hear me?

Twenty North Balwyn delegates enjoyed a really wonderful and inspiring D9800 Conference in rural Shepparton. Saturday night dinner, at the conclusion of the conference, we were entertained by a band named Fortessima, an all-girl band of four vocalists accompanied by a guitarist. I read that Fortessima means strong women, but unfortunately it also meant LOUD. So loud that it was uncomfortable. Which brings me to a discussion on deafness, an ever increasing problem that probably started when we were younger and then became more noticeable as the years rolled by. Many of us who are deaf, going deaf or just hearing impaired - I am one - will agree that the problem is also associated with cognitive decline. People that are hearing impaired do not assimilate or process audio- information as quickly, or perhaps, not at all.

The number of Australian adults aged 20 years or older with hearing loss (pure tone average >25 decibels) is projected to increase from 3.2 million to 5.3 million in the next 40 years, with a rise in prevalence of 15% to 22%. This increase will outpace the population growth rate. By 2060, 67% of all adults with hearing impediment will be aged 70 years or older, up from 55% today.

Given the projected increase in the number of people with hearing loss, there will be a resultant strain on future resources. To address this major public issue, greater attention to primary (reducing incidence of hearing loss), secondary (reducing progression of hearing loss) and tertiary (treating hearing loss to reduce functional decline) prevention strategies will be needed.

Hearing aids do help. In the first randomised, double blinded, placebo controlled trial of outcomes using different hearing aids, researchers at John Hopkins University, Baltimore USA demonstrated that hearing devices definitely benefit older adults. Perhaps more unexpected, the researchers found that patient-selected (over the counter) hearing aids benefited older adults as much as audiologist-fitted ones.

Whilst the researchers chose not to comment on the cause of hearing loss, many of us would assume that one of the primary causes is continued exposure to loud noise. There are other reasons, such as head trauma, virus or disease and malfunction of the inner ear, but as a generalisation most would associate loud noise over an extended period as the primary cause.

Geoff

AN INVITATION TO DINNER FROM THE FELLOWSHIP COMMITTEE TO ALL MEMBERS FRIENDS AND PARTNERS OF THE ROTARY CLUB OF NORTH BALWYN.

VENUE: DUNYAZAD

LEBANESE RESTAURANT

329 DONCASTER ROAD BALWYN NORTH

DATE: TUESDAY 23 MAY 2017

TIME: 6 PM FOR 6.30 PM

COST: \$48.00 PER HEAD FOR SHEIK'S BANQUET

BYO: WINE ONLY - NO CORKAGE

BEER: AND WINE AT COST TO INDIVIDUAL PURCHASERS

SOFT DRINK: FREE OF CHARGE

DIETARY NEEDS: ADVISE ME BY 19 MAY 2017

ACCEPTANCE: AT CLUB DINNER MEETINGS ON 12TH & 20TH APRIL 2017 OR

TELEPHONE BOB BROMLEY ON 9857 7637 OR

EMAIL bbromley3@bigpond.com

DIRECT PAYMENT: ROTARY CLUB OF NORTH BALWYN INC ADMINISTRATION CHEQUE ACCOUNT 633000 - 146470653 INCLUDING "YOUR NAME AND BANQUET".

MENU: SEE www.dunyazad.com.au

Bob BROMLEY

Fellowship Committee



**Barry and Kristine
taking the bull by the horns**

MEETING ROSTERS

Thursday 6th April.

Visit to Walter and Eliza Hall Institute

"No Meeting at Kew Golf Club".

Dinner afterwards at Parkville Hotel, 43 Royal Parade, Parkville.

John Magor will be collecting dinner money of \$39 per person at next weeks meeting, 30th March.

Wednesday 12th April.

Speaker: Ms. Kirsten Gainsford.

Monash Alfred Psychiatry Research Centre.

Host: Sue McDonald

Greeters: Imre Lele, Sam Hardikar.

Setup: Carolyn Pethick, Russell Turner.

Desk: Tony Hart, Brian Hurnard

Thursday 20th April.

Speaker: Member Biography

Host: Maurie Walters

Greeters: Rob Head, Beatrice Ko

Setup: Colin Sharp, Tony Ho.

Desk: John Magor, Russell Turner.

Thursday 27th April.

Speaker: Mr. Brian Negus, RACV

Melbourne in 2040 - will we still be driving?

Host: Geoff Steinicke

Greeters: Bronwen Dimond; Geoff Kneale

Setup: Peter Elliott; Chris Flavelle-Smith

Desk: Eileen Toohill; Estelle Kelly

Attendance last Meeting: 39 Members, 2 Guests and 2 New Members Inducted

Interact Tech Tips for April:

iPhone: If you can't pick up the phone, you can reply with three default text messages – "Sorry, I can't talk right now", "I'm on my way" and "Can I call you later?". But if you go to the Settings app à Phone à Respond with text, you can customise the messages to anything you want.

iPhone: When taking a video, you can also press the white circle underneath the red filming icon to take a photo.

Windows computers: If you're looking for a specific phrase in a webpage or document, simply hold "Ctrl" and press "F" on your keyboard. This will bring up a little window where you can type the phrase you want to find.

Windows computers: To quickly switch between open programs, hold "Alt" and press "Tab" on your keyboard.

**Celebrations**

Birthdays: Chris Flavelle-Smith; Carmel Francis

Inductions: Peter Wilson 2015

Weddings: John and Helen Rennie,
Colin and Sally Sharp, Jenny and Greg Cribbes.



ROTARY CLUB OF NORTH BALWYN 2016/17

President: Rowan McClean president@rotarynorthbalwyn.com.au
Vice President: Bill Oakley vicepresident@rotarynorthbalwyn.com.au
Secretary: Gavan Schwartz secretary@rotarynorthbalwyn.com.au
Treasurer: Greg Cribbes treasurer@rotarynorthbalwyn.com.au
Grapevine: Peter Sutherland petesutherland@bigpond.com Noon Sat Weekly Deadline

North Balwyn Probus: Bruno Coniglio. <http://balwynnorthprobus.org.au>
North Balwyn Heights Probus: Sue Mullarvey yarramul@tpg.com.au 9857 4305, 0400 821 402
Greythorn Probus: Meetings 10am 2nd Tuesday Monthly. St Aidan's Church Hall, Duggan St, Balwyn North. 9859 4941.
Boroondara Ladies Probus: Janet Eddy jveddey@applewood.net.au

APOLOGIES FOR CLUB MEETINGS

1. Sign the "apology sheet" at the front desk at the prior meeting if you know in advance.
 2. Click [HERE](#) for apologies. and log into website; select My Menu; Meeting Attendance/Apologies and Make-Ups; Select meeting date; Add Apology to this meeting; and send.
 3. Or E-mail Hugo Goetze. hugogoetze@netspace.net.au with your personal message.
 4. Phone 9857 6701 (leave a message if required). Mobile phone calls & SMS are not to be used.
- It is important to advise absences, guests attending, and partners attending. This is needed as the Kew Golf Club needs to know how many are attending each week to ensure we have the correct number of places set, meals provided and service staff employed. The Rotary Club incurs charges if we overestimate numbers attending. A meal may not be available if additional people attend to that advised.

Please apologise no later than 5pm on Tuesday.

Club Diary

Thursday, 27th April:

Bus trip to Beleura. \$60 Contact David Cheney for details.

Tuesday, 23rd May: Fellowship Dinner Night.

DUNYAZAD LEBANESE RESTAURANT 329 DONCASTER ROAD BALWYN NORTH

See Bob Bromley for Details.

Wednesday 31st May 2017:

Rotary Foundation Centennial Gala Dinner. The Atlantic, Central Pier 161 Harbour Esplanade.
Contact Findley Cornell for details.

Fri 13th, Sat 14th & Sun 15th October

Camp Getaway W/end Working Bee. Contact Greg Matthews for details

Sunday 2nd July:

Club Change Over Lunch. 12.30pm at Kew Golf Club.

Friday 20th Oct, - Sunday 22nd Oct.

Albury Fellowship Weekend. Contact Nino Sofra for details