



Meeting Report

President Nino's table was graced with Karen Hayes, CEO of Guide Dogs Australia, Hannah Dale, her PA, plus, under the table, a beautiful cream four legged visitor by name of Willow.

Karen's presentation was both engaging and informative with two videos and the occasional floppy puppies romping in the grass. A recipe for success that drew smiles from club members.

Although the Guide Dogs appellation brings to mind an emphasis on the guide dog services, Karen revealed this side of the service only represents 30%.

Many other aspects were discussed, from education of babies displaying low vision, through to adults. Professionals include occupational therapists, technology trainers, orthoptists offering educational assessments, as well as the dog trainers we all associate with the organisation.

Statistics show that in a typical year 15,000 Victorians are diagnosed with some form of irreversible vision loss.

Plans for the redevelopment of the Kew site, as outlined by Karen, are visionary. Already, \$20 million has been raised for the \$23.4 million project which will provide the first fully accessible sensory campus in the world.

The new facilities will include:-

- A new building for client services
- Refurbishment of on site accommodation
- A new education centre
- Meeting rooms; and
- Undercover training space

The new commercial hub will provide a veterinary hospital, teaching facilities, a Dog Day-care centre, a low vision centre as well as a cafe.

Editor:- Thanks to Eileen Toohill for the meeting report

Awards

Paul Fitz received a Certificate from District congratulating him on celebrating his 80th Birthday.

Bill Oakley received a Paul Harris Recognition having reached an additional US\$1000 contribution to The Rotary Foundation.



Our Leadership



RI President
Barry Rassin



DG 9800
Bronwyn
Stephens



AG Eastside
Barry
Hickman



President
RCNB
Nino Sofra

Club Diary

Weekend 19-21 Oct Fellowship Weekend at Daylesford

December 2018 Fence repairs in Cobden.

February 15-17 2019 Multi-Districts Conference

February 22 Annual Charity Golf Day

Australian Grand Prix 11-17 March 2019

Camp Getaway Working Bee 11-13 October 2019

[Read about Rotary in your area in The Progress Leader](#)

APOLOGIES FOR CLUB MEETINGS

Sign the "apology sheet" at the front desk at the prior meeting if you know in advance. Or E-mail to Hugo Goetze at hugogoetze@netspace.net.au or 9857 6701

Please apologise no later than 5pm on Tuesday.

MEETINGS THURSDAYS

6 for 6.30pm

Kew Golf Club

120 Belford Road Kew 3102

Ph.

9859 6848

READING PROGRAM AT ST BRIDGET'S PRIMARY SCHOOL

"Recently, I attended a Meeting with the North Balwyn Rotary Club and have been working closely with them to start a volunteer reading program with our school which started this week. Each week we will have 4-5 volunteers from Rotary who will support our Year 3 students with their reading."

Robyn Thomson Principal St Bridget's Primary School



Gardens Project Report



This year's schedule is fast drawing to a close as schools stop early in preparation for end of year activities.

Just a few weeks to go.

On Saturday, with the help of Janie Pirret and a great team from MLC, we transformed a weed-infested backyard into a pleasant garden – see the BEFORE and AFTER photos.

Last Friday, Geoff Kneale and Tony Wells helped supervise a team from Xavier as we spread several cubic metres of mulch at Royal Talbot Rehabilitation Centre.

An even larger team from Xavier – 25 year 12 students – is expected this coming Thursday at Eva Tilley Memorial Home.

Thank you to members who have loaned some 'extra tools'.



NOTICE TO MEMBERS

In preparation for the AGM members are encouraged to logon to the members' section of the Club website to review the Club's 2017-18 Financial Statements.

The Financial Statements actually encapsulate a history of our activities for the year so are worthy of more than a cursory glance in my view.

MEETING ROSTERS

Thursday 18 October

Greeters: Peter Downton, Peter Elliott
Set Up: David De Garis, Bronwen Dimond
Desk: Brian Hurnard, John Koa

Speaker: Professor Anthony Wedd,
Melbourne University.
Host: Peter Sutherland
 Why is it so hard to cure Alzheimer's Disease?

Prof. Wedd obtained his B.Sc. in 1963 and Ph.D in 1968 from the University of Tasmania, Australia. He was later appointed as a Lecturer and Senior Lecturer in Chemistry (1971 – 1986) and then as a Reader in Chemistry in La Trobe University (1987 – 1990). In 1991, he joined the University of Melbourne as a Professor of Chemistry. He was awarded a D.Sc. from the University of Tasmania in 1996. He was appointed a Professorial Fellow in 2011.



Outside the lab, Prof. Wedd enjoys spending time with his wife, Sue, and his children Melanie, Lisa, Barnaby, Robin, and Alexander (and ten grandchildren).

Prof. Wedd has over 200 original research papers and reviews in refereed international journals, books and encyclopedia. He received a high citation level of published work, including nine "citation classics" (> 100 citations).

Thursday 25 October

Greeters: Jeanette Leigh, John Magor
Set Up: Russell Cooper, Sam Hardikar
Desk: Brian Thomas, Anthony Stokes

Speaker: Alex Birnberg Stride Program Manager at Whitelion
Host: TBC



Supporting Youth at Risk
Whitelion ASN

Stride has been helping to improve the physical, mental and social wellbeing of young people for over 25 years.

Stride wellbeing programs provide young people with essential life skills for now and into the future through workshops focused on relationship and community, resilience, career transitions and school engagement. This equips young people to deal with life challenges and lead to individual self-efficacy, positive community involvement and collective community impact.

**Thursday 1 November**

Greeters: David Cheney, Greg Cribbes
Set Up: Ian Adams, Steven Greateorex
Desk: Estelle Kelly, Imre Lele

Melbourne Cup Night**Thursday 8 November**

Greeters: Larry Fitzpatrick, John Gartlan
Set Up: Neil Marshall, Marcel Muntwyler
Desk: Jeanette Leigh, Greg Ross

Annual General Meeting

Birthdays and Anniversaries between October 15 to October 21

Weddings: Brian and Joan Lacy

Birthdays: Ala Taylor, Joan Richardson, Joanne Huang, Ian Richardson, Bill Oakley, David De Garis

Induction Anniversaries: Phil Francis

Christmas Raffle

Please let Maurie Walters know which shifts you can help sell Raffle Tickets.

Mobile 0438 005 820 email maurie.walters@fletchers.net.au

ROTARY CLUB NORTH BALWYN - CHRISTMAS RAFFLE 2018

DATE Wednesday, 31st October, 2018
LOCATION Aldi, Greythorn, Halloween with BBQ

SHIFT	NAME	NAME
12.00pm - 4.00pm		
2.00pm - 4.00pm		
4.00pm - 8.00pm		

DATE Friday, 2nd November, 2018
LOCATION First Choice, Balwyn

SHIFT	NAME	NAME
10.00am - 12.30pm		
12.30pm - 3.00pm		
3.00pm - 5.30pm		

DATE Friday, 2 nd November, 2018
LOCATION Woolworths, Balwyn

SHIFT	NAME	NAME
10.00am - 12.30pm		
12.30pm - 3.00pm		
3.00pm - 5.30pm		

DATE Saturday, 3rd November, 2018
LOCATION Maserati Club, Sandown, with BBQ

SHIFT	NAME	NAME
8.00am - 10.30am		
10.30am - 1.00pm		

CAMBERWELL SUNDAY MARKET ROSTER



Sunday	6.45am – 10.00am	9.45am – 1.00pm
21 October	Tak Yukawa	Tony Hart
28 October	Sue McDonald	Marcel Muntwyler
4 November	Tony Wells	Russell Cooper
11 November	Neil Marshall	John Rennie
18 November	Janie Pirret	Estelle Kelly
25 November	Sam Hardikar	Jim Studebaker
2 December	Garth Symington	Greg Cribbes
9 December	Sue McDonald	Brian Thomas
30 December	Greg Ross	Tak Yukawa
6 January	Rob Head	Terry Keyhoe
13 January	Ted Wilkins	Geoff Steinicke
20 January	Bill Oakley	Ian Richardson
27 January	Don Taylor	
3 February	Steven Greateorex	
10 February	Greg Cribbes	Greg Cribbes
17 February	David de Garis	
24 February		Anthony Stokes
3 March	Phil Francis	Joe Butler
10 March		
17 March		

Please let me know as soon as possible if you are cancelling

Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com

Geoff's Health Tips

Dietary Fibre is tied to living a long and healthy life

Most people know that a diet high in fibre helps to keep us regular. Now, Australian researchers have uncovered a surprising benefit of this often-undervalued dietary component.

A paper published in *The Journals of Gerontology, Series A: Biological Sciences and Medical Sciences* by researchers from The Westmead Institute for Medical Research — reports that eating the right amount of fibre from cereals, vegetables and fruits can help us avoid disease and disability into old age.

Using data compiled from the Blue Mountains Eye Study, a benchmark population-based study that examined a cohort of more than 1,600 adults aged 50 years and older, the researchers explored the relationship between carbohydrate nutrition and healthy aging.

- The researchers found that out of all the factors they examined it was the fibre that made the biggest difference to what the researchers termed “successful aging”.
- Successful aging was defined as including an absence of disability, depressive symptoms, cognitive impairment, respiratory symptoms and chronic diseases, including cancer, coronary artery disease and stroke.
- According to lead author of the paper, Associate Professor Bamini Gopinath, PhD, the study is the first to look at the relationship between carbohydrate intake and healthy aging, and the results were significant enough to warrant further investigation.
- Dr Gopinath said that “Out of all the variables that we looked at, we found that those who had the highest intake of fibre or total fibre actually had an almost 80 percent greater likelihood of living a long and healthy life over a 10-year follow-up.
- High fibre foods such as oats, peas, lentils, chick peas, beans, potatoes and berries provide an ample supply of fibre.

Although it is too early to use the study results as a basis for dietary advice, Dr Gopinath said the research has opened up a new avenue for exploration. This study backs up similar recent findings by the researchers, which highlight the importance of the overall diet to healthy aging.



Geoff

Meeting No.16

Thursday, 11th October 2018

Present:

Guest Speaker	1 Karen Hayes - CEO Guide Dogs Victoria.
NB Members	44
Partners	1 Judy Steinicke
Guests	1 Hanna Dale (PA to Karen Dale)
Alumni	1 John Burley
	Members Present 44 = 55.9% ; LOA = 8, Apol = 14
	Revised booking 45 members, plus Speaker & 3 Guests = 49 .
External Activities	48 <u>2nd Bite delivery to CamCare</u> - Geoff Haddy. <u>DIK</u> - Peter Sutherland
(Board Approved)	<u>Men's Shed</u> 9th & 11th Oct. - David Cheney, Peter Elliott, Tony Hart, Greg Matthews
	<u>Gardening Project</u> - Geoff Haddy <u>Greg Ross</u> —ARH at 6 Bundaberg Clubs
	<u>Camberwell Sunday Market</u> 7th Oct.- Findley Cornell & Brian Thomas
	<u>Catering</u> 6 Oct. "Lift the Lid" - Peter Downton, Steven Gatorex, Brian Lacy, Bill Oakley
	Ian Richardson, Jim Romanis, Greg Ross, Nino Sofra.
	<u>Camp Getaway</u> 6 & 7th Oct. - Russ Cooper, Peter Elliott, Imre Lele, John Magor,
	Greg Matthews, Jane Pennington, Colin Sharp, Geoff Steinicke, Tony Wells, Nino Sofra

Absence for Next week's Rosters :-

I.Adams, J.Butler, B.Dimond, C.Flavelle-Smith, J.Gartlan, R.Head, B.Hurnard, T.Keyhoe,
J.Koa, J.Leigh, R.McClean, S.McDonald, I.Mollison, K.Paulheim, J.Romanis, G.Schwartz,
G.Symington, D.Taylor, P.Wade.



Australia Mongolia Short Term Exchange July 2019



The Rotary Club of North Balwyn has a wonderful opportunity for students to experience Mongolia!! Our program is a short term exchange between Melbourne and Mongolia including participating in two international camping programs, being home hosted with Mongolian families and a short stopover in China. A most successful pilot program was conducted in 2017/2018 and this will be the second exchange organised.

The Details

Some important facts

Dates	Depart Melbourne 28 June 2019 and return to Melbourne 19 July 2019 A 2 day stop over in Beijing is planned during the return journey. The Mongolian Group will visit in January 2020.
Age Range	Students must be aged between 15 and 17 years old on 1 July 2019.
Group Size	A maximum of 12 students and 3 chaperones.
Cost	Approximately \$5,000 \$2,500 will need to be paid in December 2018.
Fundraising	The Rotary Club will organise fundraising events to assist with the costs of the trip and some of these proceeds will also assist with the costs of the Mongolian group's visit in 2020.



First Step

Come to our Information Session

On	Saturday 27 October 2018
At	Balwyn North Primary School, Buchanan Avenue, North Balwyn
From	2.00pm to 3.00pm Refreshments available
RSVP to	Mr Ian Adams, by Wednesday 24 October Email: adams.ian@bigpond.com



Next Step

More information including the application form will be available (very soon) on the Rotary Club of North Balwyn's website:
www.rotarynorthbalwyn.com.au

Need more information now?
Please talk to:

Estelle Kelly
Youth Committee Member, Rotary Club of North Balwyn
Phone: 0424 587 107

Boroondara Cares 2018 Chances Golf Day

This annual Golf Day raises money for the **Chances Scholarship Program**.

Boroondara Cares Foundation through its CHANCES Scholarship Program supports talented and motivated young people to overcome barriers to educational success. The program aims to provide opportunities and support for young people in our community who are experiencing financial disadvantage and social isolation.

This is a Boroondara Cares - 8 Rotary cluster clubs supported project, with the RC of Hawthorn being the organising club.

For \$95.00 players get:

- * Light lunch with tea, coffee, soft drinks
- * 18 holes of golf in Ambrose format
- * Opportunity to win a Kia Cerato - HOLE-in-ONE prize
- * Nearest to the pin prize
- * Best Drive prize
- * Various team prizes
- * Open bar for an hour after play - free wine and beer
- * Dinner with wine on the table - excellent meal

Why not put together some RCNB teams.



Boroondara 2018 CHANCES Golf Day
Box Hill Golf Club Monday 29th October 11.00 a.m

\$95.00 per person
Includes a light lunch & dinner following the event.

Registration and Payment Trybooking Boroondara CHANCES Golf Day 2018
<https://www.trybooking.com/book/event?eid=409816&>

Competition Format: Ambrose

Hole in One Prize
Kia Cerato valued at \$25,700

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Rotary Hawthorn

Box Hill Rotary Whitehorse



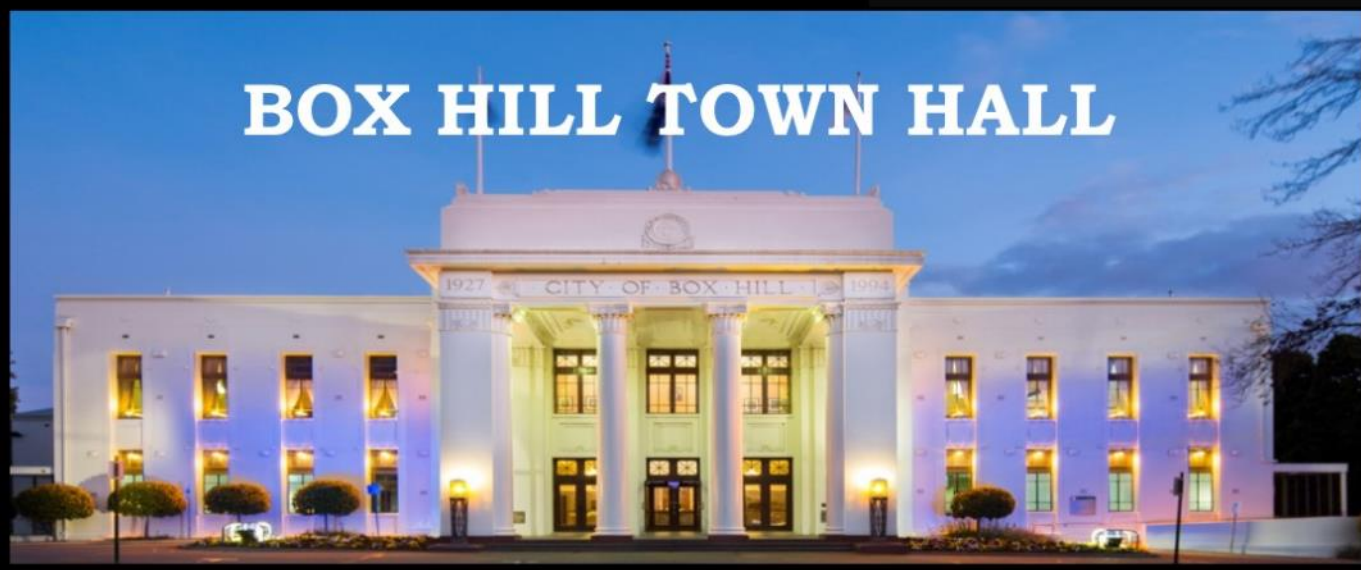
Art Show 2018

Fri 2 - Tue 6
Nov. 2018
5 days

10am - 6pm
(Tue close 4pm)

Beneficiaries: Whitehorse
Community Chest & Blue
Ribbon Foundation project for
Box Hill Hospital

BOX HILL TOWN HALL



GALA OPENING NIGHT DINNER

Thur 1st Nov.

6pm - preview all art

7pm - 3 course dinner

\$75 inc. refreshments.

Show will be opened
by celebrity singer

**MIKE
BRADY**

\$10,000 awards presented to show winners.

Quality Art auction, door prizes, music,
silent auctions, novelty prizes & much more

Details: whitehorseartshow.com.au





Registration is now Open

www.rotaryconference.org.au

REGISTER BEFORE OCTOBER 31ST

Early Bird
Registration

**TO WIN FREE REGISTRATION &
GALA DINNER FOR 2 PEOPLE
PLUS ACCOMMODATION FOR
TWO NIGHTS (UP TO \$500)**

Early Bird \$175,

New Rotarians \$125

(joined after July 1 2016)

AFTER NOVEMBER 30TH \$225

Conference Dinner \$110

GALA DINNER



Featuring the Baker Boys, a 9 piece band covering a wide variety of music
3 course meal, Open Bar plus surprises all night

WHAT ROTARY DOES!



As well as a fantastic Rotary Showcase there will be “three hands on projects” where you can pack emergency food for disaster relief, pack birthing kits or kits for the homeless in our communities.

Always a great fellowship opportunity

Further details www.rotaryconference.org.au

ROTARY INFORMATION

Rotary International	Website:-	https://www.rotary.org/
	Facebook:-	https://www.facebook.com
	Twitter:-	https://twitter.com/Rotary
Rotary Australia	Website:-	rotaryaustralia.org.au
	Facebook:-	https://www.facebook.com/RotaryAroundAustralia/
	Facebook RDU:-	https://www.facebook.com/rotarydownunder/
	Twitter:-	https://twitter.com/rotaryaustralia
District 9800	Website:-	https://www.rotarydistrict9800.org.au/
	Facebook:-	https://www.facebook.com/rotarydistrict9800/
	Twitter:-	https://twitter.com/rotaryd9800?lang=en
	Networker:-	rotarydistrict9800.org.au/content/54/networker
Rotary Club of North Balwyn	Website:-	www.rotarynorthbalwyn.com.au
North Balwyn Men's Shed	Website:-	www.northbalwynmensshed.com
Find a Rotary Club:-		https://my.rotary.org/en/search/club-finder

ROTARY CLUB OF NORTH BALWYN 2018/19

President: Nino Sofra	president@rotarynorthbalwyn.com.au
Vice President: Adrian Ranson	vicepresident@rotarynorthbalwyn.com.au
Secretary: Gavan Schwartz	secretary@rotarynorthbalwyn.com.au
Treasurer: Adam Hillary	treasurer@rotarynorthbalwyn.com.au
Grapevine: John McBride	jdmcb48@bigpond.net.au Noon Sat Weekly Deadline for submissions.

North Balwyn Probus:	Michael Martin	http://balwynnorthprobus.org.au		
North Balwyn Heights Probus:	Sue Mullarvey	yarramul@tpg.com.au	98574305	0400821402
Greythorn Probus:		greythornprobus.org.au	98594941.	
Boroondara Ladies Probus:	Janet Eddy	jveddey@applewood.net.au		

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We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.



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THE TRAVEL PROFESSIONALS
BALWYN NORTH



Thank you Helloworld North Balwyn for your ongoing support of our Event Days and assistance with our Mongolia travel arrangements.



Bendigo Bank

Kew | Kew East

Bendigo Bank is a strong supporter of Nth Balwyn Rotary through its help with our Community Projects and Fund Raising.

