



## Meeting Report

On Thursday evening, internationally renowned Criminal and Human Rights Barrister, Julian McMahon, presented on a fascinating career that provided a most sobering view on the injustices within justice systems across the world.

Host, Geoff Kneale, introduced Julian (AC and Victorian, Australian of the Year) and his 'cab-rank style' introduction into the world of capital punishment. Julian now leads an international team that challenges death sentences anywhere in the world irrespective of the defendant's nationality. Whilst rapidly declined from 15 years ago, today there are 20,000 people on death row – 10 executed every day.

Ronald Ryan was the last Australian execution in 1967. However, 5 Australians have been executed in other countries in the last four decades. Julian shared personal stories about the change in character of Bali 9's Andrew Chan and Myuran Sukumaran from "street punks" to counsellors, young men strong faith.

We were all fascinated to hear insights on how our youth switch from personal, small drug quantity transactions to simply two handfuls of drugs being deemed "executorial quantity" whilst the true drug lords are never found nor impacted.

Julian explained his interest in outlawing capital punishment to restore a strong community – "A good community requires both free press and the rule of law. However most capital punishment is driven by politics and corruption that leads to a dysfunctional society".

The evening finished with a robust Q & A session discussing various views on capital punishment and the ability to redeem prisoners such as Chan and Sukumaran.

Nice to see Peter Sutherland back after having his tonsils removed! With Peter are Balwyn High Interactors Julia Goh & Patrick Hatzipavlis.

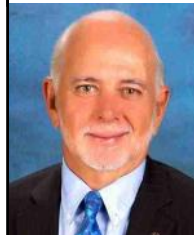
The Interactors gave an update on their fundraising projects and the causes they are supporting locally and overseas.

The IT session which the Interactors ran last week was attended by 6 Club Members who were appreciative and impressed by what they learnt.

President Nino Sofra presented PP Rowan McClean with a Paul Harris Recognition Sapphire.



## Our Leadership



RI President  
Barry Rassin



DG 9800  
Bronwyn  
Stephens



AG Eastside  
Barry  
Hickman



President  
RCNB  
Nino Sofra

## Club Diary

Oct 5-7 2018 Camp Getaway Working Bee 2018  
Weekend 19-21 Oct Fellowship Weekend at Daylesford

December 2018 Fence repairs in Cobden.

February 15-17 2019 Multi-Districts Conference

Australian Grand Prix 11-17 March 2019

Read about Rotary in your area in The Progress Leader

<http://leader.smedia.com.au/progress/>

## 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](mailto: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.  
Movie  
Night 9859  
6848

**Post Grand Final BBQ 30 September**

A major part of the year for the **AFL Football Memorabilia Shop in Swan Street Richmond** is the sale of the Herald Sun **"Premiers Poster"** on the day after. The posters are delivered about 5.00am from the printers and people start queuing from around 3.00am. They usually get many thousands through the door. **A proportion from the sale of each poster goes to the MS Society.**

There are no food shops close to this part of Swan Street, and we have been asked if we would like to sell sausages and maybe egg and bacon sandwiches to the crowd (expected to be several thousand during the morning - more if it is Richmond who are Premiers), so we propose any early start - 6.00am to 9.30am for the early shift and 9.00am to 12.00 for the later shift. We are negotiating with Yarra Council about what we can do, but expect to need at least four or five for each shift - more if we can sort out the logistics of selling coffee too.

We will probably make a contribution to MS from the takings, but it is mostly a fundraiser for us.

Please let Jane Pennington know if you can fill a roster spot! [jane.pennington@bigpond.com](mailto:jane.pennington@bigpond.com)

Cheers

Bill

Can you help fill this vacancy?

## CAMBERWELL SUNDAY MARKET ROSTER

<b>Sunday</b>	<b>6.45am – 10.00am</b>	<b>9.45am – 12.30pm</b>
30 September	Geoff Steinicke	Brian Lacy
7 October	Imre Lele	Findley Cornell
14 October	Duncan Ansell	Eileen Toohill
21 October	Tak Yukawa	
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	Tak Yukawa	
6 January	Rob Head	Terry Keyhoe
13 January	Ted Wilkins	
20 January		
27 January	Don Taylor	
3 February	Greg Cribbes	Greg Cribbes
10 February		
17 February		
24 February		

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

Geoff Steinicke Mob 0418 175 130 email [gwsteinicke@bigpond.com](mailto:gwsteinicke@bigpond.com)

## MEETING ROSTERS

**Thursday 20 September****Greeters:** Russell Cooper, Sam Hardikar**Set Up:** Ian Richardson, Neil Marshall**Desk:** Geoff Kneale, Larry Fitzpatrick**Speaker:** Judge John Jordan**Host:-** Brian Thomas

As County Court Judge and with 40+ years experience in the courts, John will share many humorous stories from our legal system

From a working class background, Jordan earned scholarships throughout his scholastic career, graduating from Melbourne University with Honours in Law.

After undertaking national service in 1972 and 1973, graduating as a Platoon Commander and later rising to the rank of Captain, he joined the Victorian Bar in 1973 and was appointed a Senior Counsel in 2000.

Mr Jordan was a foundation member of the Kensington Community Legal Service, where he served for 10 years as a volunteer. He also founded a free legal-aid scheme at Australian Army Bases in Victoria in 1973.

Outside of the law, Mr Jordan's football career has included playing as full forward for the Collingwood Football Club Reserves in 1971 and serving as an Honorary Director of the AFL Victoria Board from 1999 to 2010.

**GRAND FINAL NIGHT**

**Note:- Meeting changed to Wednesday night 26 September.**

**Wednesday 26 September****Greeters:** Tony Hart, Tony Ho**Set Up:** Rob Stewart, Maurie Walters**Desk:** Adrian Ranson, Duncan Ansell**Speaker:** Jeff Gieschen.**Host:-** Ted Wilkins

Jeff Gieschen is the former National Umpire Manager of the Australian Football League and played for Footscray

**Thursday 4 October****Greeters:** George Swanson, Eileen Toohill**Set Up:** Tak Yukawa, Ted Wilkins**Desk:** Tony Wells, Ian Adams**Speaker:** Richard Umbers CEO of Myer and Deputy CEO of Australia Post.

How the way we shop and receive our purchases is rapidly changing and bricks and mortar stores are struggling to compete.

**MULTI-CLUB MEETING – Wednesday 14 November 2018****Guest Speaker Stephanie Woollard**

Stephanie Woollard is a Melbourne-born social entrepreneur, Rotary Foundation Peace Scholar and Rotarian who has created the international aid organisation 'Seven Women'.

Through education and enterprise, Steph has devoted more than a decade to changing the lives of over 5,000 disabled and marginalised women in Nepal.

She was recognised at the United Nations, New York with the Rotary International Responsible Business Award in 2016, followed by the Woman of the Decade Award at the Women's Economic Forum in New Dehli in 2017.

A key note speaker both nationally and internationally, we have the opportunity to hear the remarkable story of how the vision and inspiration of one person can make a difference on:-

**Wednesday 14 November 2018 at Camberwell Rotary Club.**



**Birthdays and Anniversaries between September 17 and September 23**

**Weddings:****Birthdays:** Margaret Wilkins, Carol Symington, Paul Fitz, Tak Yukawa**Induction Anniversaries:**



## Geoff's Health Tips

**Goal Setting Slows Cognitive Decline**

I was delighted to receive much positive feedback on the 'Stretching Exercises' - the subject of last week's Health Tip. Many readers commented that they have added one or more to their daily exercise routine.

This week, I was interested to read of a novel intervention study that uses goal setting to promote a more active lifestyle that significantly slows cognitive and functional decline.

The study included 220 participants aged at least 65 years divided into a 'goal setting group' and a 'supportive therapy group'. Both groups received five in-home 60-minute treatment sessions over four months, followed by 60-minute maintenance sessions over the next 20 months.

In the study conducted by Professor Robin Casten, Department of Psychiatry and Human Behavior at Thomas Jefferson University, Philadelphia, investigators found that 'goal setting and action plans' significantly improved healthy cognitive, physical and social activity compared with a current supportive therapy approach.

- \* Goal setting and action plans rely on such things as written schedules and step by step sequencing. An action plan might, for example, use a calendar or a smart phone to list the actions or assignments to be undertaken, for instance Thursday - Rotary at 6pm, Sunday 21<sup>st</sup> October Camberwell Market 6.45am, and record dates of meetings with friends, etc.



- \* The control group using the supportive therapy approach received psychological treatment that facilitates personal expression and conveys empathy, respect and optimism.

After applying numerous tests to assess cognition, the goal setting participants' scores showed there was no cognitive decline, whereas the scores of the supportive therapy participants declined. Furthermore, the goal setting participants had significant annual improvement in executive function.

**Geoff**

**Meeting No.12**

**Thursday, 13th September 2018**

**Present:**

Guest Speaker 1 Julian McMahon - Barrister specialising in human rights & criminal law.

NB Members 52

Partners 2 Judy Steinicke & Carol Studebaker

Interactors 2 Julia Goh & Patrick Hatzipavlis

Members 74, Present = 52 = 70.3% ; LOA = 4, Apol = 18

External Activities 20 2nd Bite delivery to CamCare - Imre Lele; DIK Bike Repairs - Peter Sutherland;  
(Board Approved) Gardening Project - on 7th, Greg Cribbes, Geoff Haddy, Brian Hurnard;  
on 8th, Geoff Haddy & Anthony Stokes. Brian Thomas - Solomon Is Sewing M/cs  
Greg Ross - ARH Board, also Rotary Inst at Hobart.  
Schools Reading - John & Helen Gartlan, Bill Oakley, Eileen Toohill & Phil Wade.  
Bill Oakley - Food Collection for & processing at FairShare ;  
RC Balwyn Birthday - Ian Mollison, Jane Pennington & Nino Sofra;  
Trinity Manor visit - Nino Sofra & Garth Symington.

**Absent for next week's rosters**

B.Bott, P Cleary, G Cribbes, C.Flavelle-Smith, P. Francis, R. Head, B. Ko,  
I.Lele, S.McDonald, B.Oakley, J.Pirret, C.Sharp, J.Studebaker, G.Symington.

# RYLA

## DISTRICT 9800

# ROTARY YOUTH LEADERSHIP AWARD

## What is RYLA?

The Rotary Youth Leadership Award (RYLA) is a residential camp unlike any other. Over seven days, participants are immersed in a program centered around four key themes: Challenge by choice, diversity, community, and time out. We challenge young people - providing opportunities for personal growth and leadership development.



## Dates for 2018:

Sunday 2nd to  
Saturday 8th

December

## Who runs RYLA?



RYLA is run entirely by young people, who have all been participants in the program. Our team are passionate about providing this year's participants with the same enriching experience.

*"Within 24 hours, I knew I was in for a fantastic week"*



*"RYLA was such an eye-opening experience. The lessons learned and friends gained will stay with me forever."*







YEA



# GARDEN EXPO

**22 & 23 Sep 2018****10AM-4PM****Location: Saleyard Surrounds**

Flat Lead Road, Yea - see website for directions

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**FREE PARKING**Contact: [yeagardenexpo@optusnet.com.au](mailto:yeagardenexpo@optusnet.com.au)**[www.yeagardenexpo.com.au](http://www.yeagardenexpo.com.au)**





**Registration is now Open**

[www.rotaryconference.org.au](http://www.rotaryconference.org.au)

**REGISTER BEFORE OCTOBER 31<sup>ST</sup>**

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](http://www.rotaryconference.org.au)

## ROTARY INFORMATION

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

### ROTARY CLUB OF NORTH BALWYN 2018/19

President: Nino Sofra	<a href="mailto:president@rotarynorthbalwyn.com.au">president@rotarynorthbalwyn.com.au</a>
Vice President: Adrian Ranson	<a href="mailto:vicepresident@rotarynorthbalwyn.com.au">vicepresident@rotarynorthbalwyn.com.au</a>
Secretary: Gavan Schwartz	<a href="mailto:secretary@rotarynorthbalwyn.com.au">secretary@rotarynorthbalwyn.com.au</a>
Treasurer: Adam Hillary	<a href="mailto:treasurer@rotarynorthbalwyn.com.au">treasurer@rotarynorthbalwyn.com.au</a>
Grapevine: John McBride	<a href="mailto:jdmcb48@bigpond.net.au">jdmcb48@bigpond.net.au</a> <b>Noon Sat Weekly Deadline for submissions.</b>

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

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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.

