



### MEETING REPORT



Our Speaker, Rithy Ann was about four years old when his mother, father, older brother and younger sister were slaughtered as part of the “Killing Fields” by the Khmer Rouge led by Pol Pot. Rithy was lucky, he was critically injured but was rescued.

After he was saved, Rithy was taken in by a woman in his village. But he soon decided he needed to move on. Rithy joined the Buddhist monks, who cared for and educated him, for the next 15 years.

Rithy complete Bachelor Degrees in Teaching and Agriculture, and a Master's Degree in Management. Rithy has joined with Rotary to help improve the quality of life of his fellow Cambodians.

### MONGOLIAN EXCHANGE PROGRAM UPDATE

Last Sunday the first of three training days was held for the contingent of nine girls travelling to Mongolia over July this year. Bronwen Dimond kindly facilitated the use of Balwyn North Primary School as a suitable venue.

The girl's parents spent the first hour of the day with us to learn more about the program their daughters will be participating in while in Mongolia. Bill spoke clearly about the fundraising expectations and the opportunities available through the RCNB catering program. There will be several Mongolian trippers assisting at the Grand Prix catering outlets music festivals and BBQ's.

Ian Mollison has booked airfares and accessed comprehensive travel insurance for each contingent member. On our return journey Ian has put together a comprehensive stopover package for Beijing where we will have one night in a hotel and have a day's sightseeing. We depart Melbourne on the last day of Term 2, 28<sup>th</sup> June, and return on Friday 19<sup>th</sup> July.

The exchange program will comprise a few days stay at Camp Selange 60 kms out of Erdernet a town 600 kms north of UlaanBaatar. This is a camp associated with a mining company. While at this camp our students will participate in an environment community project to do with bee hotels. Returning to UlaanBaatar by train we are then bused out to camp Nairamdal an International Children's camp. Our students will participate in the camping program alongside young people from neighbouring countries e.g. Russia, Inner Mongolia, China. The final few days, during the Naadam celebration, our students will be hosted by families from the Rotary Club of UlaanBaatar.

If you have any questions or queries about the exchange program please refer them to Bill Oakley, Peter Downton or Estelle Kelly.



### Our Leadership



**RI President  
Barry Rassin**



**DG 9800  
Bronwyn  
Stephens**



**AG Eastside  
Barry  
Hickman**



**President  
RCNB  
Nino Sofra**

### Club Diary

- February 22 Annual Charity Golf Day
- Australian Grand Prix 11–17 March 2019
- Camp Getaway Working Bee 11–13 October 2019
- Fellowship Weekend 15–17 November 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.  
9859 6848**

From the Conference.....



## A reminder that **NEXT Friday 22<sup>nd</sup> Feb** is our Charity Golf Day at Kew - 124 players attending!!!



### Some other reminders:

- Jim will be pre-selling Spinning Wheel tickets on Thur 21<sup>st</sup> Feb for those who are not joining us on Friday.
- For those needing a CART on Friday, as of Saturday, there are No more Carts available.
- With many RCNB members vying for Prizes, we ask that yellow shirt and Name tags are worn for identification.
- Arrival time on Friday is 7.15am for 7.30am briefing (and tasty Danish). Tee times are then 7.52am/8.00am.
- Our various RCNB helpers are already rostered to make the fun day go smoothly as always.
- Jacqueline Kuruppu, who is doing a PhD with our financial support, will speak to us briefly at lunch.
- If you would like to join us for lunch, contact Greg Cribbes before Thursday - \$35/head.

AND another **BIG THANK YOU** to our many Sponsors, players and Rotarians in anticipation.....

**Good golfing, please**.....

Greg Matthews 0419 597780 Greg Cribbes 0413 270403

## MEETING ROSTERS

**Thursday 21 February**

**Greeters:** Findley Cornell, Barry Cummings  
**Set Up:** David Cheney, Chris Flavelle Smith  
**Desk:** Phil Francis, John Gartlan

**Speaker:-** Jelena Popovic  
**Host:-** Rob Head  
**Topic:-** The Koori Court



Jelena Popovic is the Chief Magistrate of the Koori Court.

Powerful yet respectful, the Koori Court is a division of the Magistrates Court of Victoria but is tailored to the cultural needs of Indigenous offenders, across Victoria, Aboriginals are now feeling more justly dealt by the legal system as they better understand where our two cultures meet.

**Thursday 28 February**

**BBQ style meal**  
**Greeters:** Steven Greatorex, Rob Head  
**Set Up:** Brian Lacy, Jeanette Leigh  
**Desk:** Colin Sharp, David Cheney

**Speakers:-** Various RCNB Members  
**Host:-** Terry Keyhoe  
**Topic:-** Sydney 2000 Olympics

The 2000 Sydney Olympics goes down as one of the friendliest, most successful Olympics.

Perhaps this was due to the RCNB motley crew who invaded the Harbour City under the presence of volunteers.

But what were the "Real" stories? The embarrassing photos and True Crime escapades revealed.

**Thursday 7 March**

**Greeters:** Estelle Kelly, John Magor  
**Set Up:** Imre Lele, John McBride  
**Desk:** Findley Cornell, Geoff Steinecke

**Speaker:-** Graeme Alford  
**Host:-** Ian Mollison  
**Topic:-** Senior Executives Under Stress

**Summer Cup Results**

Congratulations to Adeline Roberts and Jim

Studebaker who are our Summer Cup Champions.

Adeline averaged a solid 38 points to finish a narrow

.25 ahead of Deb Anderton. Adeline attributes her

success to Assistant Professional Ben Jewell.

Jim averaged a blistering 41.5 to finish .5 ahead of Jim

Welsh, Boeing Cho, Peter O'Malley and Geoff Knott.

Jim won the Frank Dennis last year and can now add

the I.F. Tindley Summer Cup to his CV.

***Mr Studebaker, ya gonna need a bigger trophy cabinet!!***



**Birthdays and Anniversaries between February 11 to February 17**

**Weddings:** Nothing to report!

**Birthdays:** Nothing to report!

**Induction Anniversaries:** Nothing to report!

## Catering Roster

Catering is one of major fundraising activities - help is always wanted!! so if you can help at any of the following, please email: [jane.pennington@bigpond.com](mailto:jane.pennington@bigpond.com)

<b>23 February</b>	<b>Summer Music Festival</b>		<b>5.30pm to 9.30pm</b>	
<b>Saturday</b>	<b>Anderson Park</b>	1	Jane Pennington	4 Janie Pirrett
	<b>Hawthorn East</b>	2	Bill Oakley	5 Estelle Kelly
		3	Emily Rowling	6
	<b>Eftpos Machine Manager</b>			
<b>2 March</b>	<b>Summer Music Festival</b>		<b>5.30pm to 9.30pm</b>	
<b>Saturday</b>	<b>Markham Reserve</b>	1	Jane Pennington	4 Pirozek Family
	<b>Ashburton</b>	2	Bill Oakley	5 Pirozek Family
		3	Emily Rowling	6 Eileen Toohill
	<b>Eftpos Machine Manager</b>			
<b>11 March</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Monday</b>	<b>Middleborough Road</b>	1		Estelle Kelly
	<b>Box Hill</b>	2		
		3		
		4		
		5		
	<b>Eftpos Machine Manager</b>			
<b>22 March</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Friday</b>	<b>Middleborough Rd</b>	1		Estelle Kelly
	<b>Box Hill</b>	2		
		3		
		4		
		5		
	<b>Eftpos Machine Manager</b>			
<b>31 March</b>	<b>Maserati Club</b>		<b>Food shift 7.30am to 12.30pm</b>	<b>Food shift 11.30 to 3.30pm</b>
<b>Sunday</b>	<b>Sandown</b>	1	Sarah Hurst	Emily Rowling
		2	Pirozek Family	Emily Melinyk
		3	Pirozek Family	
		4	Jagarth Jayasinghe	
		5		
			<b>Coffee shift 9.00am to 1.00pm</b>	<b>Coffee shift 12.30pm to 4.00pm</b>
		1		
		2		
<b>20 April</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Saturday</b>	<b>Middleborough Rd</b>	1	Sarah Hurst	
	<b>Box Hill</b>	2	Sandy Jayasinghe	
		3	Jagarth Jayasinghe	
		4	Emily Rowling	
		5	Tess Rowles	
		6	Emily Melinyk	
	<b>Eftpos Machine Manager</b>			



## CAMBERWELL SUNDAY MARKET ROSTER – No 24

<b>Sunday</b>	6.45am – 10.00am	9.45am – 1.00pm
24 February	Phil Francis	Barry Cummings
3 March	Geoff Haddy	Anthony Stokes
10 March	Bill Oakley	Adam Hillary
17 March +	Jim Romanis	Marcel Muntwyler
24 March	Nino Sofra	John Magor
31 March	Rob Head	Janie Pirret
7 April	Garth Symington	Adam Hillary
14 April	Greg Cribbes	Ian Richardson
21 April Easter Sunday	Tak Yukawa	Janie Pirret
28 April	Kinga Paulheim	Estelle Kelly
5 May	Garth Symington	Eileen Toohill
12 May	Geoff Kneale	Larry Fitzpatrick
19 May	Don Taylor	Imre Lele
26 May	John Rennie	Russell Cooper
2 June	Geoff Steinicke	
9 June		
16 June		
23 June		
30 June		

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)

\* Multi District Conference Feb 15 -17 + Grand Prix 17 March

### RCNB Transfer of food from 2nd Bite to Cam Care.

Food is picked up from **2nd Bite** between **8.45-9.15 am** every Thursday and deliver by **10.00 am** to **Camcare** for sorting by staff for their **11.00 am** distribution to the underprivileged.

Travel time is around **2** hours.

Date	Volunteer Driver	Team Members NOT available.
14 February 2019	Geoff Haddy	
21 February 2019	Jim Studebaker	
28 February 2019	Garth Symington	
7 March 2019	Hugo Goetze	
14 March 2019	Geoff Haddy	Garth Symington
21 March 2019	Greg Cribbes	
28 March 2019	Rob Head	Geoff Haddy
4 April 2019	Garth Symington	
11 April 2019	Hugo Goetze	Geoff Haddy
18 April 2019		
25 April 2019		
2 May 2019		
9 May 2019		
16 May 2019		
23 May 2019		
30 May 2019		
6 June 2019		
13 June 2019		
20 June 2019		
27 June 2019		

#### Meeting No.31

**Thursday, 14th February 2019**

#### Present:

Guest Speaker	1 (Mr) Rithy Ann - Changing Village life in Cambodia
NB Members	45
Visiting Rotarians	2 Ken Maxfield (Yea), Rob Hines (Central Melb.) & escort for Rithy Ann
Partners	2 Nina de Garis & Barbara Stokes.
	Members Present 45 = 62.5% ; Membership = 72
	Apologies = 20, LOA = 3, late apologies = 4

**External Activities** 29 2nd Bite delivery to CamCare - 7th Feb. Geoff Haddy.

(Board Approved) Fareshare - Larry Fitzpatrick.

Camberwell Sunday Market - Greg Cribbes & Greg Matthews.

Gardening Project - Rowan McClean & Garth Symington; Golf Day Plans - Greg Matthews.

Schools Reading Project - Estelle Kelly, Bill Oakley, Eileen Toohill & Phil Wade.

Men's Shed - David Cheney, Peter Elliott, Tony Hart, Greg Matthews & Garth Symington.

Meeting with Grand Prix Corp. - Bill Oakley, Geoff Steinicke & Nino Sofra, Peter Sutherland.

Mongolian Visit Planning - Peter Downton, Estelle Kelly, Bill Oakley, Nino Sofra, Peter Sutherland.

CamCare & BCC Welfare Agencies - Geoff Haddy & Rowan McClean.

Members Absent next week, so far = 14

**Rotary Gardens Project**

This roster has been expanded to third term. Plenty of opportunities for volunteers.

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 22 Feb	XC	3.45 – 5pm	G Haddy	F Cornell
Sat 23 Feb	MLC	10-noon	P Elliott	M Muntwyler, J Pirret
Fri 1 March	CGS, XC	3-5pm	G Cribbes	I Glenny
Fri 8 March	CGS, XC	3-5pm	R McClean	I Glenny
Fri 15 March	CGS, XC	3-5pm	R McClean	J Pirret, G Haddy
Sat 16 March	MLC	10-noon		E Kelly
Fri 22 March	CGS, XC	3-5pm	G Symington	I Glenny, J Pirret
Sat 23 March	MLC	10-noon	G Haddy	A Stokes
Fri 29 March	CGS, XC	3-5pm	G Cribbes	I Glenny, I Adams (at Eva T)
Sat 30 March	MLC	10-noon	R McClean	K Walters, B Ormerod (C'care)
SCHOOL HOLDS				
Fri 26 April	CGS, XC	3-5pm		I Glenny
Sat 27 April	MLC	10-noon	S Hardikar	+ B Ormerod (C'care)
Fri 3 May	CGS, XC	3-5pm	G Haddy	I Glenny
Fri 10 May	CGS, XC	3-5pm		I Glenny
Sat 11 May	MLC	10-noon		
Fri 17 May	CGS, XC	3-5pm	G Cribbes	
Sat 18 May	MLC	10-noon		
Fri 24 May	CGS, XC	3-5pm		I Glenny, I Adams (at Eva T)
Sat 25 May	MLC	10-noon		
Fri 31 May	CGS	3-5pm		I Glenny
Fri 14 June	XC	3.45 – 5pm	G Cribbes	I Glenny
SCHOOL HOLDS				
Fri 19 July	CGS, XC	3-5pm		
Fri 26 July	CGS, XC	3-5pm		
Sat 27 July	MLC	10-noon		
Fri 2 Aug	CGS, XC	3-5pm		
Fri 9 Aug	CGS, XC	3-5pm		
Sat 10 Aug	MLC	10-noon		+ , I Adams (at Eva T)
Fri 16 Aug	CGS, XC	3-5pm		
Sat 17 Aug (special)	CGS Spl	10-noon		
Fri 23 Aug	CGS, XC	3-5pm		
Sat 24 Aug	MLC	10-noon		
Fri 30 Aug	CGS, XC	3-5pm		
Sat 31 Aug (special)	CGS Spl	10-noon		
Sat 31 Aug	MLC	10-noon		
Fri 6 Sept	XC	3.45 – 5pm		
Sat 7 Sept	MLC	10-noon		
Fri 13 Sept	XC	3.45 – 5pm		
SCHOOL HOLDS				

Please complete as circulated at meetings or advise availability to [Geoff Haddy](#) (until such time as Brian Lacy fully assumes the Coordinator's role).

## Geoff's Health Tip Dementia the No1 killer

The other day I thought I was mistaken when I heard that dementia rivals cardiovascular disease as the number one killer, hard to believe, but it could be true!

In late stage dementia the body's functions break down, and you might also add that the drugs supplied to dementia patients might be partly responsible, but overall, dementia is a high mortality disease.

In studying the reasons and causes of any disease, one of the first things to analyse is the extent of a disease in other community groups around the world. I had previously noted that the Indian population is relatively free of dementia, of which Alzheimer's disease is the most common type of dementia.

- \* If the projections are correct then why is the Indian population resistant to dementia and Alzheimer's Disease?
- \* Could Turmeric be the answer? We know that 90% of the world's Turmeric is grown and consumed in India and is mainly used in curries, although I believe it is also consumed in other recipes from breakfast to dinner, and even lattes.
- \* Much research is centred around Curcumin, the yellow polyphenol found in Turmeric, which has been shown to have anti-oxidant, anti-inflammatory and anti-amyloid properties.
- \* Turmeric and its primary polyphenol Curcumin have been shown to break down amyloid-beta plaques (a hallmark of Alzheimer's Disease) in lab-based (in vitro) studies, however similar results have not been found in clinical studies.
- \* Turmeric is an important herb for two other important reasons: it is anti-inflammatory and an antioxidant



The take home message is: have more curries!

Geoff

Sign outside a Church ..



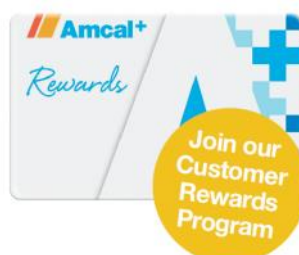
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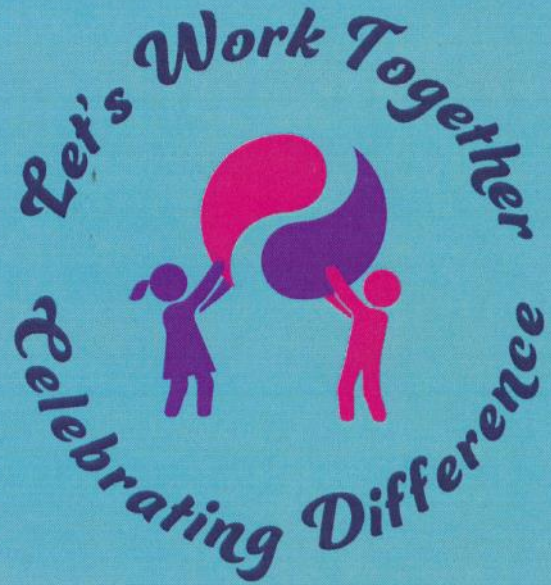
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Rotary Club of North Balwyn	Website:- <a href="http://www.rotarynorthbalwyn.com.au">www.rotarynorthbalwyn.com.au</a>
North Balwyn Men's Shed	Website:- <a href="http://www.northbalwynmensshed.com">www.northbalwynmensshed.com</a>
Find a Rotary Club:-	<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>
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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.	
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