



MEETING REPORT

Our speaker for the night was Dr Lena Ly, who gave us a very interesting insight into the prevalence and prevention of skin cancer.

Skin cancer is very common, especially among men. Statistically two out of three Australians will develop skin cancer before age 70. Men have a 25% higher rate of skin cancer than women.

Although skin cancer is common it is treatable if it is detected early. Unfortunately, more people, around 2000 a year, die of skin cancer than road deaths.

Dr Ly explained that sunburn is caused by UV radiation, something you can't see or feel, and it is not related to heat. UV levels are measured on the UV index.

Many of us were surprised to learn that in Australia, sunburn can occur in just 11 minutes on any fine day in January. UV is cumulative and people who regularly work outdoors are at greater risk of sun damage as they are exposed to so much UV.

The intensity of solar UV radiation is affected by such things as the time of the day, cloud cover, season of the year, proximity to the equator and altitude. There is a "SunSmart app" for mobile phones or tablets which can give you a sunscreen calculator and an alert to remind you when to reapply and how much to use. Other sources of UV rating are the Newspapers and weather maps.

There is not much difference in the protection from 30+SPF and 50+SPF.

For many of us, we have already sustained cell damage - Solar Keratosis, BCCs, SCCs or Melanomas. Early treatment is obviously critical. Your GP is the first step to treatment.

Our model for the night, Geoff Kneale, is currently undergoing one of the more common treatments - a simple, yet most effective long term treatment called "Efudix" which is a topical, or cream application. Efudix is a chemotherapy cream that draws out both cancerous and pre-cancerous skin growths over the treatment period of between 3-4 weeks.

Dr Ly advised Efudix is a good long term management solution.



Our Host for the evening, Brian Lacy AO with our speaker Dr Lena Ly

Our Leadership



RI President
Barry Rassin



DG 9800
Bronwyn
Stephens



AG Eastside
Barry
Hickman



President
RCNB
Nino Sofra

MEETINGS
THURSDAYS
6 for 6.30pm
Kew Golf Club
120 Belford Road Kew
3102
Ph.
9859 6848

Club Diary

Club Changeover Greenacres 28 June
Miniatures Glen Waverley 13-14 July
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/)
<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 **Bronwen Dimond** at

bddimond@yahoo.com.au

or **mobile 0412522830**

Please apologise no later than 5pm on Monday.

MEETING ROSTERS

Thursday 23 May**Greeters:** George Swanson, Garth Symington**Set Up:** Adrian Ranson, Don Taylor**Desk:** John Koa, Bronwen Dimond**Speaker:-** Graeme Alford**Host:-** Ian Mollison**Topic:-** Senior executives under stress.

With decades of experience, Graeme mentors and guides some of Australia's biggest "falls from grace".

Breathing life back into executives and some of Australia's sports stars who have needed to re-purpose and take control of their lives.

Graeme is the CEO of Complex Consultancy Services which provides OH&S solutions for the "white collar industry."

His speciality is Bullying, Cyber Bullying and Workplace Harassment.

**Thursday 30 May****Greeters:** Jim Studebaker, Peter Sutherland**Set Up:** Anthony Stokes, Maurie Walters**Desk:** Neil Marshall, Ian Mollison**Speaker:-** Dr Jan Manent PhD**Host:-** Findley Cornell**Topic:-** Australians Leading The World in Cancer Research

Dr. Jan Manent is a Research Fellow at the Australian Regenerative Medicine Institute. Having graduated from the Pierre and Marie Curie University in Paris with a PhD in Human Genetics, Dr Jan has worked at the Harvard Medical School in Boston and then at the Peter MacCallum cancer centre in Melbourne on various cancer dispositions.

Now leading the world in cancer research, Dr Jan will present on cancer research findings covering stemcell, organ growth and limb growth.

Thursday 6 June**Greeters:** Brian Thomas, Eileen Toohill**Set Up:** Adrian Ranson, Greg Ross**Desk:** Bill Oakley, Estelle Kelly**Speaker:** Dr Laura Hart**Host:-** Greg Ross**Topic:-** Teenage Depression and managing mental health**Thursday 13 June****Greeters:** Phillip Wade, Tony Wells**Set Up:** Beatrice Ko, Phil Francis**Desk:** Don Taylor, Ian Richardson**Speaker:** Tony Alsop—Acorn Nursery**Host:-** Imre Lele**Topic:-** Gardening in Winter**Thursday 20 June****Greeters:** Ted Wilkins, Tak Yakawa**Set Up:** Garth Symington, George Swanston**Desk:** Brian Thomas, Sue McDonald**Speaker:** Sergeant Mark Boysen –**Host:-** Geoff Kneale**Topic:-** Victoria Police Dog Squad

CHANGE OVER NIGHT

Friday June 28 Greenacres Golf Club 6:00 for 6:30 pm

Say farewell to Nino! Hello Peter!

Birthdays and Anniversaries between May 27 to June 2

Weddings: Nino and Bev Sofra, Tony and Carolyn Hart, Anthony and Barbara Stokes**Birthdays:** Brian Lacy, Jim Romanis, Lyn Schwartz**Inductions:** George Swanston



FREE EVENT
BOOKINGS ARE ESSENTIAL

PRESENTS

COMEDY FOR DROUGHT RELIEF

The Rotary Clubs of North Balwyn, Balwyn and St Arnaud, and the Australian Institute of Comedy, present the community of St Arnaud with a night of hilarity.

Saturday 15th June, 2019 from 5.30pm
Town Hall, St Arnaud

Starring

Marty Fields, Bev Killick & Elliot Goblet

Hosted by

Former Cop Shop star
Gregory Ross



Food and drinks available at reasonable prices.

Plus a fun local Competition. You can also get involved with your own comedy act or joke. Local adults and school students will participate in their category for a first prize of \$150 and minor prizes of \$50. To enrol contact Russell Steel at St Arnaud Resource Centre, 85 Napier Street. **Mobile** 0455 133 498 **Email** russellsteel99@gmail.com

Book now at www.trybooking.com/498785
or at the Community Resource Centre - 85 Napier St



Tony Wells, through his contacts in Tasmania, has received the flyer below for an exciting opportunity for younger people to join an off-shore excursion on a square rigger called Windeward Bound which sails out of Hobart.

The Windeward Bound website is: www.windewardbound.com.au

Windeward Bound has been supported by Rotary in Tasmania and this particular program offers a cost free experience for eligible 18 to 25 year olds.

Please contact Tony Wells if you, or others you may know, have an interest and he will connect you with the appropriate people at the Windeward Bound Trust.

Tony's details are: 0400 077 447 or welstar@bigpond.com

The Windeward Bound Trust

Are you a **Victorian** resident aged between 18 and 25?
Would you like to join the voyage of a lifetime,
an adventure under sail?

NOW is your opportunity to participate
in our next ten-day program.
It will give you the chance to:

- Participate in team-building activities
- Sail on a blue water square-rigger
- Develop leadership skills
- Increase self-confidence
- Explore future careers
- Meet new people
- **HAVE FUN**



Join This Voyage Today

Departing Hobart **25th November**, returning Hobart **3rd December**

*There are up to 9 fully-funded berths (including
return airfare to Hobart) available through the
David Boykett Tall Ships Voyaging Fund*



**Contact the Windeward Bound Trust
For Further Information:**

office@windewardbound.com.au 0498 120 092 www.windewardbound.com.au

Geoff's Health Tip

Did you know that Dark Chocolate is Good for You?

Now that the Easter chocolate frenzy is over and all the milk chocolate eggs have disappeared it is time to occasionally indulge in healthy dark chocolate. By the way, I tasted many of the Easter egg offerings and did not find one made using dark chocolate - here is an opportunity for someone, especially as chocolate makers start producing next Easter's offerings now.



The meaning of the word 'chocolate' goes back to the ancient Mayans and Aztecs who drank a bitter brew made from cacao beans that was called *xocoatl*, which means bitter **water**. They called it that because, although we think of chocolate as a sweet, it is not sweet until you add sugar. Pure chocolate is bitter because the bitterness comes from the flavonoids, and it's the flavonoids that make chocolate a healthy food.

That chocolate is a health food seemed inconceivable twenty years ago, until the first studies began to appear that showed otherwise.

- * The first hint came in a *Journal of Nutrition* article that described chocolate for the first time as a food that may increase **antioxidant** activity and may actually be good for your heart. The cautious hint was exciting enough for the *New York Times* to write a story on it in October 2000, and the preliminary idea of chocolate as a health food entered our cultural consciousness.
- * The serious science of dark chocolate as a health food began with the 2003 publication of the finding that flavanol-rich chocolate increases nitric oxide, with the desirable effect that the blood vessels dilate. Since then, studies have shown that dark chocolate can prevent **cardiovascular disease**, coronary heart disease, **stroke** and protect you from dying from a **heart attack**.
- * Dark chocolate also improves arterial elasticity, blood vessel dilation and blood flow, even in people with congestive heart failure who have been unresponsive to drugs.
- * Chocolate is the paradigm of delicacies and sweets. So, even if eating chocolate is good for your heart, it surely must be avoided for **diabetes**, but the good news is that eating dark chocolate reduces your risk of diabetes.
- * But that's not all. Seniors who eat dark chocolate have significantly better scores on tests of cognition and lower risk of **cognitive decline**. Amazingly, eating dark chocolate reverses age-related memory decline so next year look for Easter eggs made using dark chocolate.

Geoff



2019/2020 ENTERTAINMENT BOOK**2019/2020 ENTERTAINMENT BOOK**

With the 2018 | 2019 Entertainment Membership about to expire, now is the perfect time to purchase their new Memberships from you in order to enjoy hundreds of valuable offers until 1 June 2020!

Contact Geoff Steinicke at gwsteinicke@bigpond.com or Mobile 0418 175 130



Support Rotary Club of North Balwyn! Get your new Entertainment Membership today.

With the 2018 | 2019 Entertainment Membership about to expire, now is the perfect time to buy the brand new 2019 | 2020 Entertainment Membership! You can enjoy thousands of valuable offers for everything you love to do, all while supporting our fundraising.

Purchase your 2019 | 2020 Entertainment Membership!

Medical pilgrimage in India treats thousands

By Parimal Naik, grant coordinator, Rotary Club of Gandevi, India

In January, our club organized a medical mission to provide life-saving health care to the rural and tribal community of Gandevi in the western part of India. Our mission consisted of 26 visiting doctors and paramedics from an association of Indian physicians of Northern Ohio, USA. It was our third trip to Gandevi since 2010, and among 29 medical missions we have organized with the help of grants from The Rotary Foundation. It was pure pleasure to see the smiles on the faces of thousands of recipients, and on many of the team members as well.

We are a club made up mostly of millennials, located in the Gujarat state of India. In advance of this latest trip, teams of Rotarians from my club organized screening camps in nine villages, selected on the basis of need and availability of local resources.

We received a \$100,000 global grant from The Foundation which allowed us to arrange the care at no cost.

Through 31 March, 97 surgeries or biopsies had been performed to remove gallbladders, treat appendicitis, correct hernias and address kidney problems, among other procedures. In addition, cardiologists performed 11 heart valve replacements, 9 coronary bypass surgeries, and 25 angiograms. Ophthalmologists performed 151 cataract surgeries.

We are extremely grateful to our friends in the Rotary Club of Bakersfield, California, USA, and to Rotary District 5240, who were our international partners on the global grant. District 3060 also supported us with money from their District Designated Funds, and District 1260 and the Rotary Club of Mississauga Center, Canada, partnered with us.

We do not have the words to properly thank The Foundation, our partners, and all who helped with our medical pilgrimage project. Rotary is allowing us to be an inspiration to others by making a difference in our communities.

Thank you Rotary and Rotarians for helping us serve humanity.



Mongolian Exchange Update.

RCNB members met with students and parents on Sunday April 14th. It was a productive time with much discussion and formulating of travel plans.

While discussing fund raising one of the students, Emily Melnyk, suggested a fund raising dinner at an Asian cuisine restaurant. Emily has followed through with this and organised a dinner for Wednesday 29th May at the Eastern Bell restaurant.

Estelle Kelly



Mongolian/Chinese fundraising Dinner!

Wednesday 29th May - 7pm

Eastern Bell Restaurant

(399 Belmore Road, Balwyn)

\$40.00 set menu (includes corkage - BYO)

RSVP to Janet (Emily's mum) by Friday 24th
May

0419388185 or melnyk@ozemail.com.au



Raffle tickets will be available for sale Great prizes

All profits go towards the North Balwyn Mongolian Rotary exchange

Rotary

The Rotary Club of North Balwyn
invites you and your partner to our

Changeover Dinner



Date:	Friday 28 June 2019
Venue:	Greenacres Golf Club, 51 Elm St, East Kew
Time:	6.00pm for a 6.30pm start
Cost:	\$65.00 per person Which includes a two course meal, drink on arrival and wine on the table. Other drinks will be at bar prices.
Payment:	Cheque payable to the "Rotary Club of North Balwyn" or Direct deposit into the RCNB bank account: BSB: 633 000 Account Number: 146470653 Account Name: Rotary Club of North Balwyn Admin Account Please put reference: Your name and Changeover
RSVP:	To Jane Pennington by 10 June 2019
Email:	Jane.Pennington@bigpond.com or Phone: 0408 402 555
Dietary:	Please list any dietary requirements at the time of rsvp'ing.
Dress :	Lounge Suit / smart casual with a splash of purple.
Questions ?	Contact Jane Pennington for more information

Second Bite Roster

The Roster to collect food from 2nd Bite and deliver to Camcare.

Food is picked up from 2nd Bite between **8:45 and 9:15 am** every Thursday and delivered by **10:00 am** to Camcare.

Food is then sorted by Camcare staff for their 11:00 am distribution to the under privileged.

Please contact **Garth Symington** on mobile 0419 519 899

Date		Volunteer Driver	Team Members NOT available
16	May	Greg Cribbes	
23	May	Imre Lele	
30	May	Garth Symington	
6	June	Reg Parsons	
13	June		
20	June		
27	June	Greg Cribbes	

Can you help out
on these 2 days?
Let Garth know!



CAMBERWELL SUNDAY MARKET ROSTER – No 39

Sunday	6.45am – 10.00am	9.45am – 1.00pm
26 May	John Rennie	Russell Cooper
2 June	Neil Marshall	Nino Sofra
9 June	Estelle Kelly	Findley Cornell
16 June	Greg Cribbes	Larry Fitzpatrick
23 June	Tony Wells	Colin Sharp
30 June	Tak Yukawa	Brian Lacy
7 July	Bill Oakley	Marcel Muntwyler
14 July	Rob Head	Anthony Stokes
21 July	Geoff Haddy	Ted Wilkins
28 July	Geoff Kneale	Brian Lacy
4 August		Janie Pirret
11 August		Ian Richardson
18 August		
25 August	Garth Symington	
1 September		
8 September		
15 September		
22 September		
29 September		

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

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

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

8 June	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1	Sarah Hurst	Pirozek Family
	Box Hill	2	Jagarth Jayasinghe	Pirozek Family
		3	Emily Rowling	Georgia Suddick
		4	Bill Oakley	Brian Lacy
		5	Estelle Kelly	Bill Oakley
	Eftpos Manager			
22 June	Maserati Club		7.30am to 11.30am	11.00am to 3.00pm
Saturday	Sandown	1	Jagath Jayasinghe	
		2	Sandy Jayasinghe	
		3		
		4		
		5		
23 June	Reclink		10am to 2pm	1.45pm to 6pm
Sunday		1	Jagath Jayasinghe	
		2		
		3		
		4		
		5		
		6		
		7		
		8		

Gardening Roster

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 24 May	CGS, XC	3-5pm	G Cribbes G Symington	I Glenney, I Adams (at Eva T)
Sat 25 May	MLC	10-noon	R Head	
Fri 31 May	CGS	3-5pm	R McClean	I Glenney, J Pirret
Fri 14 June	XC	3.45 – 5pm	G Cribbes	I Glenney
SCHOOL HOLS				
Fri 19 July	CGS, XC	3-5pm	G Haddy	I Glenney
Fri 26 July	CGS, XC	3-5pm	G Symington	I Glenney
Sat 27 July	MLC	10-noon		T Yakawa
Fri 2 Aug	CGS, XC	3-5pm	R McClean	I Glenney
Fri 9 Aug	CGS, XC	3-5pm		I Glenney I Adams (at Eva T)
Sat 10 Aug	MLC	10-noon		
Fri 16 Aug	CGS, XC	3-5pm		I Glenney
Sat 17 Aug (special)	CGS Spl	10 - noon		

Please complete as circulated at meetings or advise availability to Geoff Haddy at ghaddy@bigpond.net.au

Uber and Lyft are grinding traffic to a halt in San Francisco

Ride-sharing services have been found to be a major cause of congestion in San Francisco.

Weekday travel times in the Golden Gate city increased a shocking 62 percent between 2010 and 2016, and a growing number of studies are finding that ride sharing services are chiefly to blame. The latest study ran simulated traffic models with and without ride shares to determine how much impact they make.

San Francisco is by no means an enormous city, with a population approaching 900,000 it's only around the 13th largest in America, but it's by far the most future-forward spot in the United States, and the birthplace of Uber, Lyft and any number of other ride-share companies looking to disrupt the status quo.

With some 45,000 ride-sharing cars on the road making 170,000 trips per day (2017 figures), it's also an excellent test bed to see the effect that such services have on traffic flow. Ride sharing advocates would point to the numbers of single-occupant cars on the road, and claim that ride sharing – and Uber Pool-style multi-passenger ride splitting – makes more efficient use of a vehicle.

On the other hand, you're also radically lowering the bar to get into the taxi business, and flooding the roads with tens of thousands of vehicles purchased mainly to be used as ride share services, who spend as much as 20 percent (in SF) to 50 percent (in New York City) rolling about waiting for a job with no passenger on board.

And according to a growing number of studies, including one recently published in *Science Advances*, that's having a huge effect on traffic. The study tracked traffic congestion in San Francisco, finding that weekday hours of delay have grown by 62 percent between 2010, when there was negligible ride-sharing traffic, and 2016, by which time ride share services had exploded to 12 times the popularity of taxi services and represented an enormous 15 percent of all intra-San Francisco trips.

A University of Kentucky Team took actual transport data and ran it through the system using two calibration settings – one to simulate the transport mix as it was back in 2010 with no ride sharing, and one to represent the way things are with Uber, Lyft and co playing its part. It also used data from the ride share companies themselves, showing the activity of their car fleets both during and between ride shares, as well as a bunch of archived speed data from a company called Inrix.

"There's a clear benefit for the person in the car," said Greg Erhardt, assistant professor of civil engineering at the University of Kentucky and lead author of the study. "They're getting a better experience, or they wouldn't do it. But there is a negative impact on everyone else: on the road system, other drivers and the people on the bus who also have to wait in traffic."

One proposal to help bring these suffocating congestion markers down is to simply slap a congestion pricing model on urban transport, charging people more for driving in heavy traffic areas or during peak periods. Indeed, says Erhardt, companies like Uber tend to be in favour of such measures, betting that the cars that congestion taxes take off the road can lead to more ride shares.

With most folk predicting a future where tens of thousands more autonomous robocabs begin to hit the streets offering even cheaper rides without any drivers at all, there's a good chance traffic might get a lot worse before it starts to get better. At least you'll have both hands free to play with your phone while you wait.

Source: University of Kentucky



HEARD ON THE LONDON UNDERGROUND

Actual announcements that London Tube train drivers have made to their passengers...

- * 'Ladies and gentlemen, we apologize for the delay, but there is a security alert at Victoria station and we are therefore stuck here for the foreseeable future, so let's take our minds off it and pass some time together. All together now.... 'Ten green bottles, hanging on a wall.....'
- * 'We are now travelling through Baker Street As you can see, Baker Street is closed. It would have been nice if they had actually told me, so I could have told you earlier, but no, they don't think about things like that'.
- * 'Beggars are operating on this train. Please do NOT encourage these professional beggars. If you have any spare change, please give it to a registered charity.
Failing that, give it to me.'

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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TRAVEL

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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.

Bakers
Delight