



## Meeting Report

The introduction of Dr John Boffa by Host Geoff Kneale included that Geoff had been tutored in maths by John! Geoff's introduction started with John graduating in medicine from Monash University. John then applied for a visa to work at a mission in India. While he waited for the visa to arrive, he went to work at a health service in Tennant Creek. Six weeks later the visa arrived but 23 years on, John can be still be found working in the Northern Territory in pursuit of his life-long commitment to Indigenous health development and alcohol-based reforms.

Now a GP and the Public Health Medical Officer at the Central Australian Aboriginal Health Congress in Alice Springs, John has devoted his career to changing alcohol use patterns in Indigenous Communities.

Research showed that the role of alcohol in family violence could not be ignored. Alcohol contributed to between 23 to 65% of domestic incidents reported to police and between 15 to 47% of child abuse cases reported in Australia. Over a third of intimate partner homicides involve alcohol. The impact of alcohol on children is also significant.

Campaigns such as 'Beat the Grog' and 'Thirsty Thursday' highlighted the need to look beyond the individual to focus on the systems and structures that contribute to people's behaviour. There have been positive outcomes in the Indigenous Communities with these programs.

John's presentation covered other medical issues in the Aboriginal Community including trachoma. Central Australian Aboriginal Congress commenced a health service in 1975 when Aboriginal infant mortality was 250 in 1000 births. It is now 10 in a 1000 births while the Australian infant mortality rate is 3.1 per 1000 births. Life expectancy for Aboriginal males has risen from 52 to 66 while the Australian average was 78 in 2016. For Aboriginal females, life expectancy has risen in the same period from 54 to 69 while the Australian average in 2016 was 84. Positive improvement with opportunity.

John illustrated the direct connection between Aboriginal health and importance of adequate and appropriate housing. Trachoma as an example can be significantly reduced by face washing several times a day with clean water. Schools and medical clinics have been running campaigns of education and training with Aboriginal children and families.

It was found that Aboriginal housing was not being maintained resulting in few as 17% had operating showers! A maintenance program saw 87% of houses become functional. All critical to health and wellbeing.

John's presentational was one that demonstrated a practical approach to improving Aboriginal health.

A fantastic presentation that demonstrated that Dr John Boffa is a most worthy recipient of the Northern Territory 2012 Australian of the Year recognition.



### The link between Housing and Health

1. Early Childhood Development
2. Mental health and social and emotional well being
3. Physical health – RHD, Trachoma
4. Exposure to Tobacco Smoke
5. Exposure to smoke and dust

## Our Leadership



**RI President  
Barry Rassin**



**DG 9800  
Bronwyn  
Stephens**



**AG Eastside  
Barry  
Hickman**



**President  
RCNB  
Nino Sofra**

## Club Diary

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

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**

### RCNB Fellowship Weekend on the Bellarine, Pt. Lonsdale.

The Guest House has all of their 22 rooms reserved for our weekend.  
Thank you to those already reserving 15 rooms - 7 left for you to book.

**Please call Peter/Sue this month for a chat and make a booking.**

That would greatly assist the planning of our weekend together.

Many thanks Greg & Jenny Cribbes Mob 0413 270403

### RCNB GOLF DAY 22 February 2019 - UPDATE

- There are a few player spots still available – please register asap.
- Sponsorship funding is trickling in....only 4 weeks to go!
- Golf Prizes – Could Rotarians bring bottles of wine any Thursday?
- Please contact Greg Matthews or Greg Cribbes

Thanks Greg Cribbes



### Neighbourhood Watch Victoria Inc.

Courtesy NHW Whitehorse Facebook page

Do you hide a spare key to your house somewhere outside? Perhaps inside the mailbox, beneath a plant pot, in one of those fake rocks or under the doormat? Any place you have thought of to hide a key, a thief has probably thought of too.

Almost a third of home burglaries involve no sign of forced entry, and 19% of people whose homes had been burgled confirmed offenders entered via an unlocked door or window.

Don't make robbing your house easier for a thief. Keep your doors and windows locked at all times, even if you're inside. If you need to leave a key somewhere in case of emergencies, give one to a trusted relative, friend or neighbour or invest in a secure, coded lock box. While it won't eliminate the possibility of your home being burgled, this simple crime prevention tip, will help to lower the risk.

Remember, if it's easy for you, it's easy for a thief.

## Some Victorian Fines – Are You Aware of Them?

Courtesy: <https://www.carsguide.com.au/car-advice/driving-fines-and-penalties-explained-45468>

- Overtake vehicle on left - \$233 (two points)
- Fail to give way at intersection - \$272 (three points)
- Improperly pass or change lanes without giving way - \$233 (two points)
- Use handheld mobile phone while driving - \$466 (four points)
- Fail to wear seatbelt - \$311 (three points)
- Fail to stop or give way at a level crossing, you're up for \$777 (and four points), if you're not squashed flat.
- Leading an animal while driving a vehicle - \$155 (no points, strangely)
- Fat-arming (leaving your arm hanging out the window) will cost you \$325 (three points),
- Getting out of your car and leaving the engine on is a \$108 fine

This is nearly impossible not to do on dual lanes in Melbourne?  
Editor!

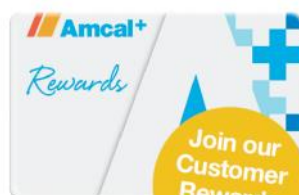
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[greythornamcalpharmacy.com.au](http://greythornamcalpharmacy.com.au)



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## MEETING ROSTERS

<b>Thursday 24 January</b> <b>Greeters:</b> Sam Hardikar, Tony Hart <b>Set Up:</b> David De Garis, Adam Hillary <b>Desk:</b> John McBride, Estelle Kelly	<b>Speaker:-</b> Ms Kathy Kaplan, OAM <b>Host:-</b> Bev Sofra <b>Topic:-</b> Impact and Bags of Love	
<p>In 2011, Kathy was awarded an Order of Australia Medal for her work in the area of domestic violence. In 2015, Kathy was honoured with the prestigious Ron Castan Humanitarian Award for lifetime achievement.</p> <p>Founded in 2006, Impact has been providing "Bags of Love" to women and families feeling extreme domestic violence.</p>		
<b>Thursday 31 January</b> <b>Greeters:</b> John McBride, Rowan McClean <b>Set Up:</b> Sue McDonald, John Magor <b>Desk:</b> Maurie Walters, Philip Wade	<b>Speaker:-</b> Dr Peter Brukner <b>Host:-</b> Geoff Steinicke <b>Topic:-</b> Sugar by Halves	
<p>As co-Founder of Sugar by Halves, Dr Peter Brukner is determined to halt the alarming deterioration of this country's health.</p> <p>Two-thirds of adults and 50% of children are obese, 2 million of us suffer from Diabetes and over 50% of children suffer tooth decay.</p> <p>All reversible, Dr Peter is delivering the program to reduce our sugar intake by half – otherwise, the current generation will be the first generation in history to die before their parents.</p>		
<b>Thursday 7 February</b> <b>Greeters:</b> Bob Bott, Joe Butler <b>Set Up:</b> Ian Adams, Findley Cornell <b>Desk:</b> Eileen Toohill, Garth Symington	<b>Speaker:-</b> Professor Justin Mariani – Cardiologist <b>Host:-</b> Geoff Steinicke <b>Topic:-</b> Heart Failure	

Meeting No.27

Thursday, 17th January 2019

<b>Present:</b>	First Meeting in 2019.
Guest Speaker	1 Dr John Boffa (NT Chief MO) - Aboriginal Health & Trachoma,
NB Members	45
Visiting Rotarians	10 John Brock, Chris Finley, Di Gillies, Leslie Hoy, David Jones, Phil Lambers, [ all from Balwyn] Brian McGuinness, Ken McQuialter, Rob Nethercote & Peter O'Brien.
Partners	1 Bev Sofra
Guests	3 From "End Trachoma by 2020" Project.
	Lein Trinch - Project Manager, Rob McGuirk - Dir & Murray Verso - Dir.
Rotoractors	1 Helena Toscas - District Rotaract Representative.
Alumni	0
Meals Served	61 Members Present 45 = 62.5% ; Membership now 72
	Apologies - LOA = 2, On-time = 21, Late = 2, No Apology = 1.
<b>External Activities</b>	19 '2nd Bite delivery to CamCare - 10th Jan. Bill Oakley; 17th Jan. RobHead. (Board Approved) Camberwell Sunday Market - 30th Dec. Greg Ross & Tak Yukawa; - 6th Jan. Rob Head & Terry Keyhoe; -13th Jan. Ted Wilkins & Geoff Steinicke. <u>Catering, Bunnings:-</u> <u>Box Hill.</u> - 20th Dec. G.Cribbes, T. Keyhoe, B.Oakley, D.Taylor, J.Studebaker, & Ted Wilkins - 28th Dec. Bill Oakley, Don Taylor, Eileen Toohill ; - 29th Dec. Bill Oakley plus ??
<u>FairShare</u>	- Larry Fitzpatrick. We have 21 apologies for next week's meeting.

## CAMBERWELL SUNDAY MARKET UPDATE

Hi Everyone,

The Camberwell Sunday Market is a successful 'ALL OF CLUB' activity designed to raise in excess of \$13,000 over one year. To the end of the December quarter we have filled all spots and expect to receive about \$3,000 for our efforts. To date, 36 members have either participated or indicated they will be participating in the market from our start in October to the end of March. Some members have already participated twice. I thank all volunteers. We need those who have not participated to support this 'ALL OF CLUB' activity. Our members who have participated say it is an enjoyable experience to meet Rotarians from other clubs whilst collecting donations from the public. All you have to do is welcome the public with a big smile and collect their donation in your collector's bucket.

Just add your name to the Roster, and if needs be, as most of us can't accurately forecast the future, we can amend as necessary.

Cheers,

Geoff [gwsteinicke@bigpond.com](mailto:gwsteinicke@bigpond.com) Mob 0418 175 130 (leave a text)



## CAMBERWELL SUNDAY MARKET ROSTER – No 17

<b>Sunday</b>	<b>6.45am – 10.00am</b>	<b>9.45am – 1.00pm</b>
27 January	Steven Greatorex	Janie Pirret
3 February	Don Taylor	Estelle Kelly
10 February	Greg Cribbes	Greg Cribbes
17 February *	David de Garis	Imre Lele
24 February	Phil Francis	Joe Butler
3 March	Geoff Haddy	Anthony Stokes
10 March	Garth Symington	Adam Hillary
17 March +	Jim Romanis	Marcel Muntwyler
24 March	Bill Oakley	Ted Wilkins
31 March	Rob Head	Janie Pirret
7 April		Adam Hillary
14 April	Greg Cribbes	
21 April Easter Sunday		
28 April		
5 May		
12 May		
19 May		
26 May		
2 June		
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



Club of North Balwyn

**GARDENING PROJECT**

17 January 2019

The schools have nominated their dates for 2019. The first two terms are listed.

It is up to members of our Club to ensure this highly visible community service succeeds by nominating to Supervise or Assist. The main difference between the two roles is that the Supervisor is responsible to ensure (with help from the Assistant) that tools are provided, and communicates a NO GO decision if bad weather intervenes.

Date	School	Time	RCNB Supervisor	Assisted by
Fri 8 Feb	XC	3.45 – 5pm	R McClean	
Fri 15 Feb	XC	3.45 – 5pm	R McClean	
Sat 16 Feb	MLC	10-noon	G Haddy	
Fri 22 Feb	XC	3.45 – 5pm	G Haddy	
Sat 23 Feb	MLC	10-noon		
Fri 1 March	CGS, XC	3-5pm		
Sat 2 March	MLC	10-noon		
Fri 8 March	CGS, XC	3-5pm		
Sat 9 March	MLC	10-noon		
Fri 15 March	CGS, XC	3-5pm		
Sat 16 March	MLC	10-noon		
Fri 22 March	CGS, XC	3-5pm		
Sat 23 March	MLC	10-noon		
Fri 29 March	CGS, XC	3-5pm		
SCHOOL HOLS				
Sat 20 April	MLC	10-noon		
Fri 26 April	CGS, XC	3-5pm		
Sat 27 April	MLC	10-noon		
Fri 3 May	CGS, XC	3-5pm		
Sat 4 May	MLC	10-noon		
Fri 10 May	CGS, XC	3-5pm		
Sat 11 May	MLC	10-noon		
Fri 17 May	CGS, XC	3-5pm		
Sat 18 May	MLC	10-noon		
Fri 24 May	CGS, XC	3-5pm		
Sat 25 May	MLC	10-noon		
Fri 31 May	CGS	3-5pm		
Fri 14 June	XC	3.45 – 5pm		
Sat 15 June	MLC	10-noon		
SCHOOL HOLS				

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

# Rotary Club of North Balwyn Fellowship Weekend.

## 15-17 November 2019 on the Bellarine.



Jenny and I cordially invite all fellow Rotarians and Partners to join us at a special place, Point Lonsdale and Queenscliff, an easy 1hr 45-minute drive off-peak from Melbourne.

This Fellowship weekend is planned to be an interesting, relaxing, enjoyable and wonderful time to enjoy the amazing sights whilst partaking in the very homely hospitality of the area!!

Quite suitable “seafaring” accommodation at the Point Lonsdale Guest House has already been reserved under RCNB as guests – more details in the New Year but please *put the above dates in your 2019 diary now*. To assist you, the broad plan is to:

- arrive for drinks/Dinner before/at 6.30pm on Friday 15<sup>th</sup> Nov,
- sightseeing activities, golf, bikes etc. followed by Dinner on Sat 16<sup>th</sup>,
- more wanderings, golf etc. then Lunch at a winery on Sun 17<sup>th</sup> Nov.

Like this year, many may choose to stay for a ‘quietish’ Sunday night. Some may even consider returning to Melbourne via the Sorrento ferry as an alternative to the Geelong road. Makes it a round trip.

Watch this space for more details – hope you all can make it.

Cheers for now,

*Greg & Jenny Cribbes*

President Nominee 2020/21

Mob 0413 270403

## 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>
	Facebook:-	<a href="https://www.facebook.com/rotarydistrict9800/">https://www.facebook.com/rotarydistrict9800/</a>
	Twitter:-	<a href="https://twitter.com/rotaryd9800?lang=en">https://twitter.com/rotaryd9800?lang=en</a>
	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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Bendigo Bank is a strong supporter of Nth Balwyn Rotary through its help with our Community Projects and Fund Raising.

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