



Meeting Report

Professor Anthony Gordon Wedd from the University of Melbourne heads a research group of enthusiastic academics to research the anatomy and functioning of nerves in the brain together with the markers that can lead to early detection and diagnosis of Alzheimers and Motor Neurone Disease.

Website:- <https://wedd.chemistry.unimelb.edu.au/>

Treatment of these diseases has been spectacularly unsuccessful, however the prevalence of these debilitating diseases is increasing as overall life expectancy increases. The presence of plaque around brain synapses has long been deemed an indicator of the presence of Alzheimer's Disease or the marker of a higher probability of its future occurrence.

Tony's research group are focussing on the world of copper transport proteins and the interaction that may exist between the distribution of these proteins in the brain and certain novel drug therapies for Alzheimer's and Motor Neurone Disease (MND).

A current new human drug trial for MND is providing promising results. Across the world in 2014, the hugely successful 'ice bucket challenge' raised much-needed awareness and money for this research.

<http://fbhealthremedies.com/breakthrough-in-motor-neurone-disease-research-gives-hope/>

Tony gave us some tips on Alzheimer's diagnosis and health tips for decreasing the probability us contracting it. There were many questions from an enthusiastic audience and we thanked Tony for sharing his knowledge and findings with us. Editor:- Thanks to Peter Sutherland for the Meeting report

<http://www.rotaryconference.org.au/registration.html>

MULTI DISTRICT CONFERENCE

Register before October 31st

ONLY 13 DAYS

FOR THE CHANCE TO WIN

Registration for 2 including the Gala Dinner
plus 2 nights accommodation (up to \$500)

Our Leadership



RI President
Barry Rassin



DG 9800
Bronwyn
Stephens



AG Eastside
Barry
Hickman



President
RCNB
Nino Sofra

Club Diary

December 2018 Fence repairs in Cobden.

December 7 Ladies Christmas Fare

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](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 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

Gardening Report

Thursday: What can 25 Yr.12 students, 3 teachers and 7 Rotarians achieve in a morning?

- Remove around 4 cu meters of unwanted soil and place in a skip
- Prepare 25 metres of new garden bed, spread 4 cu metres of mulch
- Grub out plants from 4 garden beds
- Fill 8 large garden bins with garden waste (with almost as much left over for binning later when bins are emptied), and
- Paint two garden benches!

This special Xavier College community service day at Eva Tilley Memorial Home was terrific!

Thank you Ian Adams, Greg Cribbes, Clarke Ballard (RC Balwyn), Estelle Kelly, Tak Yukawa, Geoff Kneale, and to those members who lent us extra garden tools.

Friday: With help from Friend of Rotary, Ian Glenny, and students from Camberwell Grammar and Xavier, we spread 4 cu metres of wood-chips on previously prepared garden beds to transform the look of a garden in North Balwyn for a very appreciative client.

Saturday: A helping hand for a lovely client with serious life and health issues lifted her spirits. With Sam Hardikar and a team from MLC who, despite the early morning showers, a considerable amount was achieved.

Five large garden bins were filled to the brim with the results of our efforts.

Geoff Haddy



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.

New Website for Purple Cloak Project

The Club's Special Projects Committee is looking at ways we might support homeless people as an extension of the work we have done previously with Servants Community Housing.

One area under consideration is the Purple Cloak Project which is developing a program to assist homeless people with the desire and capacity to transition from residential care such as provided by Servants to independent living. One of the architects of Purple Cloak is Matt Maudlin, the former CEO of Servants, who spoke about the project at a Club meeting earlier this year.

There is more work to be done before the Board will makes a decision to support Purple Cloak but in the meantime Matt has advised a website for the project has been developed which may be of interest to members of the club.

The address is www.playingourpart.net

Tony Wells



LOTUS EDUCATION PROGRAM

"Please find this report, which highlights the work funded by RCNB in conjunction with a District grant and was arranged by John Burley after we travelled there recently."

PP Rob Head

Editor:- This is page 3 of the report. Go to our website for the full report www.rotarynorthbalwyn.com.au

LOTUS EDUCATION FUND

ENABLING ACCESS TO EDUCATION FOR LAO ETHNIC GIRLS

ANNUAL NEWSLETTER: A WONDERFUL JULY 2017 - AUGUST 2018 IN SUMMARY

EMPOWERING GIRLS THROUGH VOCATIONAL TRAINING

For girls who are vulnerable to dropping out of school, skills development can offer an alternative option to starting a family while they are young and assist them on a path towards a sustainable future. With the valued collaborative support of North Balwyn Rotary club, Lotus introduced the first VET program at Sengsavang, in Savannakhet. Ten Year 11 students from the Lotus program, who are studying at Nongkalong secondary school, participated in the six week program and learnt various important skills.

SEWING

The girls learnt basic sewing skills and by the end of the program they could sew their

own sinh's. They realised they could borrow sewing machines from their relatives and sew and sell sinhs as a way to earn more income for the household.

HUMAN TRAFFICKING

The girls participated in legal sessions which focused on building awareness on the legalities surrounding human trafficking. An estimated 90% of trafficking victims are girls 12 to 18 years old and girls from rural areas are especially vulnerable. Awareness of legal rights is crucial if girls are to make sound decisions that provide their life with better opportunities. The girls now know what to do when they see illegal activity in the village and how to report the incident.



The experience at Sengsavang has helped the girls understand that vocational training is another option for their future, after completing their education with Lotus.

LIFE SKILLS WORKSHOP

In February 2018, the second Lotus Life Skills workshop was held with the generous support of professional volunteers (doctor, translators, teachers, and Lotus advisory board members) who travelled from as far as Madrid, London, Bangkok and Newcastle.

The 23 girls participated in creative and informative workshops, with sessions on dance, drawing and health-related workshops which taught the girls about their bodies, sexual health and the menstrual cycle.

Our translator, Ms Thipp, was kept very busy! The girls were fascinated by this educational introduction to understanding


their physical selves and the ways they could be responsible for their health.

Dr Denise, ingeniously designed a bracelet that the girls could make and wear, with multi-coloured beads to follow the pattern of their menstruation cycle so they could tell when they were ovulating and were most likely to get pregnant.

We observed stronger, more confident girls emerging, becoming young women who were being empowered to realize they could make choices in their daily lives and in their futures. This awareness is an essential step in a culture where women have had so little negotiating power.



MEETING ROSTERS

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
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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 Speaker – Greg Hall Host – Bob Bott Highly decorated, retired jockey Greg Hall will share his insights in readiness for the horses to hit the Flemington track on Tuesday Cup Day. Having held the gold Melbourne Cup aloft in 1992 with his stirring win on Sub Zero, Greg raced on favourite Doriemus and many other racing legends.	
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Thursday 8 November Greeters: Larry Fitzpatrick, John Gartlan Set Up: Neil Marshall, Marcel Muntwyler Desk: Jeanette Leigh, Greg Ross	Annual General Meeting Speaker – Peter Sutherland – President Elect Time to hear all about the amazing and inspiring life of one of our most popular members – President Elect, Pete Sutherland.
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Thursday 15 November Greeters: Rob Head, Brian Hurnard Set Up: Joe Butler, Jane Pennington Desk: Terry Keyhoe, Geoff Haddy	Speaker - Vijay Susarla Host - Findley Cornell
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Thursday 22 November Greeters: Terry Keyhoe, John Koa Set Up: Adrian ranson, Rowan McClean Desk: Steven greateorex, Sam Hardikar	Speaker - Paul & Rania Scarlett Host - Geoff Kneale
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Birthdays and Anniversaries between October 22 to October 28

Weddings: John and Ann Koa, Jim and Carol Studebaker

Birthdays: Areta Hurnard

Induction Anniversaries: Duncan Ansell

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

3 people
needed

ROTARY CLUB NORTH BALWYN - CHRISTMAS RAFFLE 2018

Date:- Wednesday, 31st October, 2018

Aldi, Greythorn, Halloween with BBQ

SHIFT	NAME	NAME
2.00pm - 5.00pm	EILEEN TOO HILL	PETER BOTHERLAND
	IAN RICHARDSON	JOHN MCBRIDE
5.00pm - 8.00pm	TED WILKINS	

Date:- Friday, 2nd November, 2018

First Choice, Balwyn

SHIFT	NAME	NAME
10.00am - 12.30pm	BRIAN THOMAS	GREG CRIBBES
12.30pm - 3.00pm	BARRY CUMMINGS	
3.00pm - 5.30pm	FINDLEY CORNELL	TONY & JO WELLS

1
more
please

Date:- Friday, 2nd November, 2018

Woolworths, Balwyn

SHIFT	NAME	NAME
10.00am - 12.30pm	TAK YUKAWA	BOB BOTT
12.30pm - 3.00pm	NEIL MARSHALL	COLIN SHARP
3.00pm - 5.30pm		

2
more
please

Date:- Saturday, 3rd November, 2018

Maserati Club, Sandown, with BBQ

SHIFT	NAME	NAME
8.00am - 10.30am	GEOFF STEINICKE	RUSSELL COOPER
10.30am - 1.00pm	JIM ROMANIS	MARCEL MUNTWYLER

Date:- Saturday, 3rd November, 2018

Woolworths, KEW

SHIFT	NAME	NAME
10.00am - 12.30pm	SAM HARDIKAR	
12.30pm - 3.00pm	JANIE PIRRET	
3.00pm - 5.30pm	MAJID BEHZADNIA	COLIN SHARP

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

Looking for a cure for Alzheimer's Disease

Last Thursday's illustrative presentation by Professor Anthony Wedd explained how a little bit of Amyloid protein that would not dissolve or disperse into the bloodstream of the brain was responsible for Alzheimer's Disease. Attempts to dissolve this particle in isolation have proved difficult because of the toxicity to a number of other elements in the brain.



All of the components of the brain's connective units were analysed and are amazingly well understood, however there was something else that I thought was even more interesting – the map showing the likely spread of Alzheimers through the world's population by 2050. Did you notice that the only country that was shown as having a population relatively free of Alzheimer's Disease was India?

- If the projections are correct then why is the Indian population resistant to Alzheimer's Disease?
- Could Turmeric be the answer? Though there is a significantly lower rate of Alzheimer's Disease amongst populations that have diets high in Turmeric, is Turmeric wholly responsible for this?
- Much research is centred around Curcumin, a 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.
- Another polyphenol in Turmeric that has been studied in the lab is Turmerone. In animal studies Turmerone has been shown to stimulate stem cells to make new brain cells, for future research into the development of treatments.

As we have observed, researchers like Professor Wedd are still looking for chemical answers to this debilitating disease, but the reason or reasons that the Indian population is relatively free of Alzheimers should not be ignored by scientists seeking a cure.

Geoff

<u>Meeting No.17</u>	Thursday, 18th October 2018
<u>Present:</u>	
Guest Speaker 1	Professor Tony Wedd
NB Members 39	
Alumni 1	John Burley
	Members Present 39 = 52.7% ; LOA = 8, On-Time Apol = 21, late = 5, No Show = 2
External Activities 39	<u>2nd Bite delivery to CamCare</u> - Bill Oakley. Pete Sutherland - DIK & PE Training.
(Board Approved)	<u>Gardening Project</u> 12,13 & 18 Oct.- Geoff Haddy (2), Ian Adams, Greg Cribbes, Estelle Kelly, Geoff Kneale (2), Janie Pirret, Tony Wells & Tak Yukawa.
	<u>Men's Shed</u> 16th & 18th Oct. - David Cheney, Peter Elliott, Tony Hart, & Greg Matthews. <u>Servant's AGM</u> - Tony Wells.
	<u>Camberwell Sunday Market</u> 14th Oct.- Duncan Ansell & Eileen Toohill.
	<u>Catering</u> 12th Oct. - Terry Keyhoe, Bill Oakley, Jane Pennington, Ian Richardson, Rob Stewart & Ted Wilkins. <u>FareShare</u> - Larry Fitzpatrick & Jane Pennington
	<u>District Youth Forum</u> - Estelle Kelly, Imre Lele, John McBride & Jane Pennington.
	Jane Pennington - District Leadership Mtg & Organising PE Training.
	<u>Greg Ross</u> - ARH at Murdoch Foundation - Royal Children's Hospital.
Absence next week for rosters.	
	D. de Garis, P. Elliott, P. Francis, T. Hart, R. Head, T. Ho, B. Hurnard, B. Ko, R. McClean, K. Paulheim, A. Ranson, J. Romanis, G. Symington, D. Taylor, T Wells.



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**.

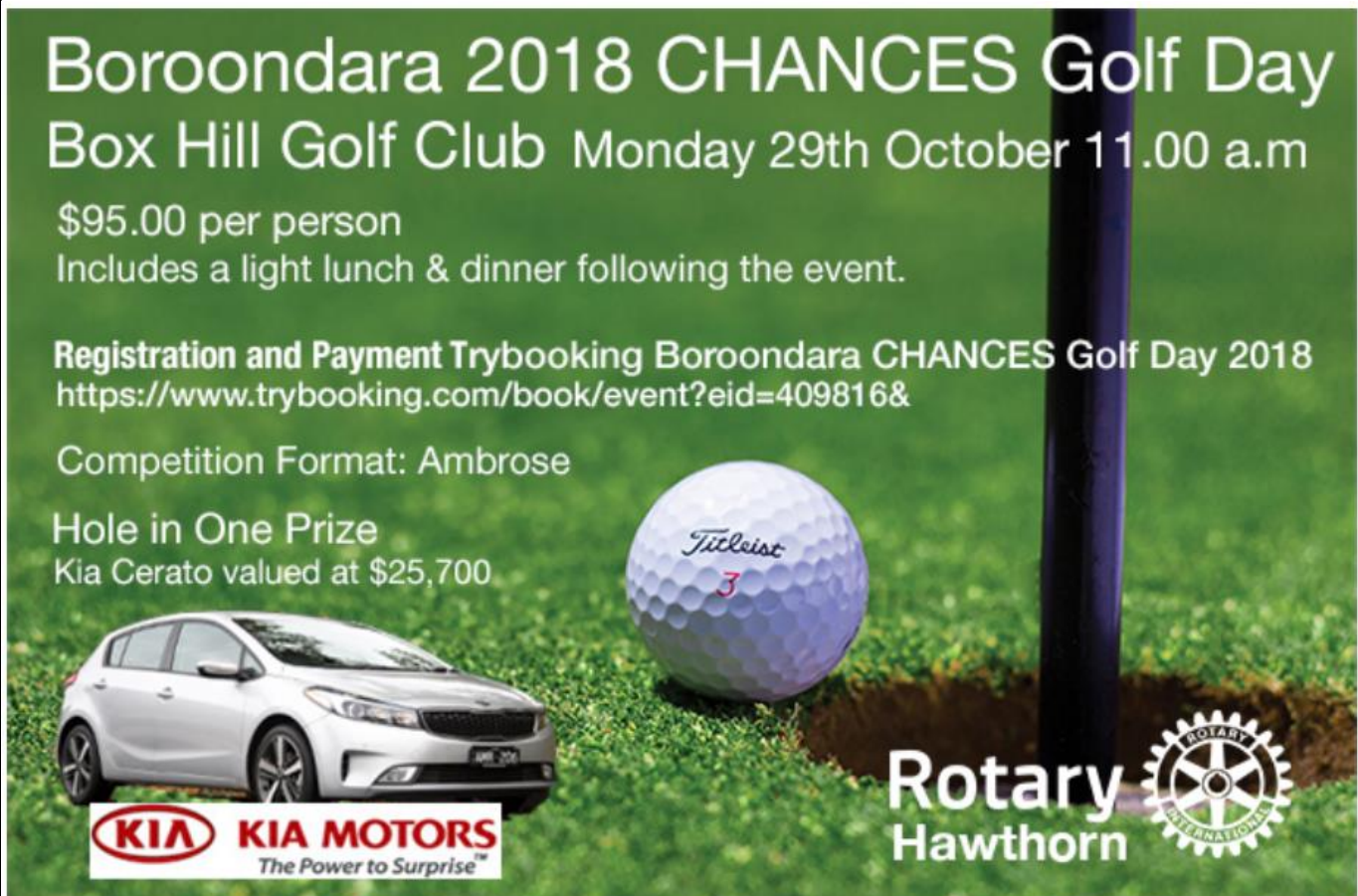
Boroondara Cares Foundation through its CHANCES Scholarship Program supports talented and motivated young people to overcome barriers to educational success. The program aims to provide opportunities and support for young people in our community who are experiencing financial disadvantage and social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





TEN EXCEPTIONAL GARDENS OPEN IN YEA AND DISTRICT

10am-5pm

\$5 per town gardens

\$7 per country gardens

\$35 per 2-day pass to all gardens

Information available on Rotary Club of
Yea website or phone 0448 511 139

Tickets for sale on the Open Garden
Weekend at the Yea Information Centre
and at each open garden



Maps and garden descriptions
available on website from August



www.yearotary.org.au

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.

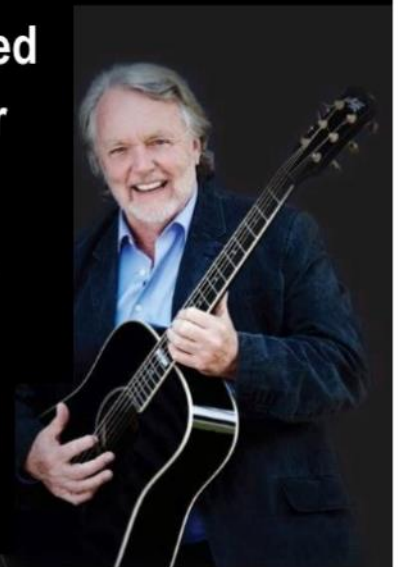
Show will be opened
by celebrity singer

**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.

