



MEETING REPORT

7 Steps To Overcoming Adversity – “The Woman from Snowy River”

Leigh Woodgate.

Rarely does a Guest Speaker bring our Club to its feet. On Thursday evening, Leigh Woodgate, presented her incredibly motivating and extremely inspiring story that did in fact bring our Club to a standing ovation.

Chair for this memorable evening was Geoff Kneale who introduced Leigh as “The Woman from Snowy River”. This description from Leigh’s “Australia Story” episode on the ABC is a must watch – please google!

This is the story of a driven cattlehorse woman whose success in mountain country racing saw her progress to Steeple Chasing around Australia. An horrific fall in 1994 threatened to steal Leigh’s life if not her physical and psychological well-being. However the fearless, iron-willed Leigh has forged through her 25 years of recovery by utilising her “7 Steps to Overcoming Adversity”.

Each step was punctuated by Leigh’s plight back to a valuable life over a long, long period – each step was both awe-inspiring yet poignant.

Leigh was brought up to always believe she could succeed through hard grit belief – to never self doubt. Her determination to never accept “no”, to never give in to the medical advice that Leigh would never walk again is driven by her steely attributes and her great passion for horses. Leigh lives her 7 steps daily – her passion, her determination, her bloody and grinding hard work to rise at 2am and stretch for 15 minutes, sleep, rise at 3.30 exercise, sleep, rise at 5am drive 97 km to be with horses, drive 97 km home followed by the daily 3.4km walk then gym twice per week – absolutely inspirational.

“The only thing worse than pain is to feel none at all. When you don’t feel pain, you want to feel it. My greatest wish was to feel pain again so I knew I was alive. I would drop a brick on my left foot just to feel alive again”.

The 7 steps is a systematic, thorough yet very personal process demonstrated by a lady who could not be more highly admired nor more highly qualified to speak to all of our life struggles with adversity.

In response to a question from the audience, Leigh stated her greatest learning is to “never get bitter – bitterness will destroy you”.

The most appropriate summation of the evening came from President Nino in his closing statement as he simply stated ‘WOW’!

Geoff Kneale



Our Leadership



**RI President
Barry Rassin**



**DG 9800
Bronwyn
Stephens**



**AG Eastside
Barry
Hickman**



**President
RCNB
Nino Sofra**

7 Steps to Overcoming Adversity

- 1 Belief - Acceptance
- 2 Determination
- 3 Passion
- 4 Grind & Bloody Hard Work
- 5 Strategies & Goals
- 6 Drive & Single Mindedness
- 7 No Boundaries

Club Diary

Club Birthday Celebration 9 May 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/)

<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 **David de Garis** at

david.degaris@nab.com.au

or mobile 0400 396 325

MEETINGS THURSDAYS

6 for 6.30pm

Kew Golf
Club

120 Belford
Road Kew
3102

Ph.

9859 6848

MEETING ROSTERS

This is a Partner's night as we celebrate the Club's 39th Birthday

Thursday 9 May
Greeters: Beatrice Ko, Rowan McClean
Set Up: Findley Cornell, Don Taylor
Desk: Tony Wells, Bronwen Dimond

Speaker:- No Speaker required
Host:-
Topic:-

Thursday 16 May
Greeters: Colin Sharp, Geoff Steinicke
Set Up: Barry Cummings, Larry Fitzpatrick
Desk: Peter Elliott, Terry Keyhoe

Speaker:- Dr Lena Ly
Host:- Brian Lacy
Topic:- Prevention and treatment of skin cancers

Dr Lena Ly is a Victorian trained dermatologist who obtained her Fellowship title with the Australasian College of Dermatologists (FACD) in 2017.

Dr Ly currently holds positions as a consultant dermatologist at Eastern Health (Box Hill), Monash Medical Centre, and Alfred Hospital (Victorian Melanoma Service).

Dr Ly has a wide range of interests including adult and paediatric skin hair and nail disorders and contact allergy.

She has published widely in peer reviewed journals in her field. She is passionate about providing holistic individualised care to her patients.



Meeting No.42	Thursday, 2nd May 2019
Present:	
Guest Speaker	1 Leigh WOODGATE - 8 Steps to Overcoming Adversity.
NB Members	43
Partners	1 Kris Walters
	Members Present 43 = 62.3% ; Membership = 69
	Apologies (on time) = 16, LOA = 7, late apologies = 3
External Activities	26 FARESHARE - Larry Fitzpatrick ; <u>SCHOOLS' Reading Project</u> - next is 7th May.
(Board Approved)	<u>CAMBERWELL Sunday Market</u> , 28/4 - Kinga Paulheim & Estelle Kelly ;
	<u>GARDENING PROJECT</u> , 26 & 27 April - Geoff Haddy, Imre Lele, Ian Richardson, & Sam Hardikar
	<u>2nd BITE delivery</u> to CamCare, 2/5-Steven Greateorex. <u>INTERACT 1/5</u> -Imre Lele & Rowan McClean
	<u>MEN's SHED</u> 30/4 & 2/5 - David Cheney, Peter Elliott , Tony Hart & Greg Matthews ;
	<u>CATERING BBQ</u> 25/4 (ANZAC Day) at Doncaster RSL Dawn Service - David Cheney, David deGaris, John Gartlan, Greg Matthews, Bill Oakley, Jane Pennington, Nino Sofra;
	<u>BASSCARE</u> 2/5, Geoff Haddy & Rowan McClean. <u>RC WERRIBEE</u> Rowan McClean
Leave of Absence.	
<i>For Next Week's Birthday Party Meeting - 8 members with LOA and 20+ Apologies</i>	

Birthdays and Anniversaries between May 6 to May 12

Weddings: Peter and Ann Downton, Maurie and Krist Walters, Jim and Kerry Romanis
Birthdays: Kinga Paulheim
Inductions: John McBride, Peter Cleary, Paul Fitz, Marcel Muntwyler, Geoff Steinicke, Estelle Kelly

PARTY TIME!

The Rotary Club of North Balwyn turns 39
We've been very busy, now it's time to Party.
Put on your glad rags and kick up your heels.
Sarah MacLaine and friends are coming to
entertain us.

Thursday 9th May 2019

6 for 6:30pm

\$38 per person - drinks at bar prices

Kew Golf Club

120 Belford Rd, East Kew

R.S.V.P. to David de Garis on 0400 396 325
or david.degaris@nab.com.au

Rotary
Districts of Australia



The Rotary Club of North Balwyn

**has rendered significant and
meritorious service to**

Australian Rotary Health

**by attaining a level of contributions
equivalent to \$1000 per member**

March 2019



LIFT THE LID
on mental illness

 **Research**  **Scholarships**  **Education**  **Awareness**

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.

Most of the students and members of their family will be attending this week's birthday dinner. Come along and meet them.

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

Geoff's Health Tip

Are there health issues with semi-dwarf wheat?

In my late teens I spent two weeks of school holidays on a wheat farm north of Benalla. I can remember how proudly the farmer viewed his wheat standing tall in the paddock - waist high and ready to be harvested. From 1980 all that changed when semi-dwarf wheat was introduced in Australia. Semi-dwarf wheat not only looks different with its short knee-high stature, large seeds, and large seed head, but it is different.

A desire to feed the world's hungry pioneered by Dr. Norman Borlaug, a Minnesota agricultural scientist, began when it was understood that grains could be genetically manipulated to provide more calories and nutrients than their predecessors.

Thousands of genetic experiments, coupling wheat with other grasses, resulted in high-yield, semi-dwarf wheat, a plant that required enormous quantities of nitrogen fertilizer to flourish, with fewer nutrients required to grow the short, 18-inch long stalk and more nutrients diverted to grow the unusually bulky seeds. And flourish it did, yielding more per acre than any wheat strain preceding it.

But is there a catch? What might be the effects of grains such as high-yield, semi-dwarf wheat on the health of the consumer?

Is it up to agribusiness, or the geneticists who continue to genetically manipulate such things, to test the safety of their product? My impression is that for agribusiness there seems to be a loose policy of don't ask, don't tell? Such a laissez-faire policy puts the burden of proof for safety on the public, not on industry, allowing new creations every year without having to demonstrate safety first.

All wheat varieties, including ancient wheat contain gluten, and we have known its effect on the stomach lining for many years, but new research has revealed some proteins in semi-dwarf wheat are capable of penetrating the intestinal lining. This results in entry of a wide range of antigenic proteins into the blood stream and a condition as serious as the immune system attacking the human brain.

Whilst statistical records on wheat intolerance might be hard to find, there is a perception that since 1980 intolerance is on the rise as evidenced by the number of people seeking alternatives. Witness to this is the falling consumption of wheat on a per-capita basis.

My take home message is, if you feel that you are intolerant to wheat try avoiding all wheat products for 60 days and see if there is a health benefit.



Geoff





CAMBERWELL SUNDAY MARKET ROSTER – No 37

Sunday	6.45am – 10.00am	9.45am – 1.00pm
12 May	Geoff Kneale	Geoff Steinicke
19 May	Don Taylor	Imre Lele
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		Colin Sharp
30 June	Tak Yukawa	Brian Lacy
7 July	Bill Oakley	Marcel Muntwyler
14 July	Rob Head	Anthony Stokes
21 July	Geoff Haddy	
28 July		
4 August		
11 August		
18 August		
25 August		
1 September		

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

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

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
9	May	Rob Head	
16	May	Greg Cribbes	
23	May	Imre Lele	
30	May	Garth Symington	
6	June	Reg Parsons	
13	June		
20	June		
27	June	Greg Cribbes	

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		Bill Oakley
	Eftpos Manager			
29 June	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1	Bill Oakley	Bill Oakley
	Box Hill	2		Brian Lacy
		3		Janie Pirret
		4		
		5		
	Eftpos Manager			
13 July	Miniatures		8.30am to 12.30pm	12.00pm to 4.00pm
Saturday	Glen Waverley	1	Jane Pennington	Barry Cummings
		2		Kristine McDonell
		3		Jane Pennington
		4		
		5		
		6		
		7		
		8		
14 July	Miniatures		8.30am to 12.30pm	12.00pm to 4.00pm
Sunday	Glen Waverley	1	Jane Pennington	Jane Pennington
		2		
		3		
		4		
		5		
		6		
		7		
		8		
17 August	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1		
	Box Hill	2		
		3		
		4		
		5		
	Eftpos Manager			

Rotary Gardens Project

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 10 May	CGS, XC	3-5pm	G Haddy	I Glenney, J Pirret
Sat 11 May	MLC	10-noon	G Haddy	M Muntwyler, B Ormerod (C'care)
Fri 17 May	CGS, XC	3-5pm	G Cribbes	J Pirret
Sat 18 May	MLC	10-noon		A Stokes
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		
Fri 23 Aug	CGS, XC	3-5pm		I Glenney
Sat 24 Aug	MLC	10-noon		
Fri 30 Aug	CGS, XC	3-5pm		I Glenney
Sat 31 Aug (special)	CGS Spl	10-noon		
Sat 31 Aug	MLC	10-noon		
Fri 6 Sept	XC	3.45 – 5pm		I Glenney
Sat 7 Sept	MLC	10-noon		
Fri 13 Sept	XC	3.45 – 5pm		I Glenney
SCHOOL HOLS				

Please complete as circulated at meetings or advise availability to [Geoff Haddy](#)

Sauce for the sausages

Rosella has a number of cartons of Australian Made Tomato Sauce Sachets, that we are looking to donate to local clubs and NFPs for their canteens/events to promote our Australian product as well as our new healthier sauce option for kids (Honest Kids).



A Little bit about Honest Kids:

Our Australian grown and owned tomato sauce developed especially for Kids is naturally sweetened with fruit and vegetable juices rather than added cane sugar, it has 50% less sugar and salt than our regular Tomato Sauce. Labelled with a 3.5 Health star rating, it can be enjoyed guilt free with all of your child's favorite snacks.

Please do let us know if this would be of interest to you or your contacts. I can be contact on this email address or 9608 8744. Chelsea.Dang@sabrand.com

Not to be missed!

Rotary
District 9800



FORUM DAY – Saturday 11 May 2019

Working Together to Address Homelessness

Corporate Membership and Raising Funds for Signature Projects

Calling all Interested Rotarians:

This is your invitation to a day of information sharing, learning and inspiration.

The day will be in two parts – you may attend both sessions or just one.

9.30am to 12.30pm: *Working Together to Address Homelessness*



This is your opportunity to network with members of other Clubs to discover what projects are currently being undertaken in the homelessness sphere and how Clubs could work together to address Homelessness in local communities. Come prepared to share your projects as well as gain information from others.

12.30pm – 1.30pm: *Lunch*

1.30pm to 4.30pm: *Corporate Membership & Raising Funds for Signature Projects*

Topic experts include:

- | | |
|-----------------------|--|
| • David Jones: | Sponsorships from Businesses & Corporates |
| • Leigh Wallace: | Philanthropic funding opportunities |
| • Gerrie Carr-MacFie: | Obtaining funds from Councils & Corporates |
| • Gary Goldsmith: | Online donations |
| • Philip Archer: | Corporate Membership & proforma sponsorship proposal |



The Details:

Date:	Saturday 11 May 2019
Venue:	DIK, Shed 39, 401 Somerville Road, Footscray West
Start Time:	9am for a 9.30am start
Cost:	\$12.00 which includes lunch
To book:	https://www.trybooking.com/BBTFI
Deadline:	Friday 3 May 2019
Questions:	To Jane Pennington secretary@rotarydistrict9800.org.au

A Night at the Opera

Wyndham Rotary is proud to present an opportunity for you to enjoy an evening of top quality entertainment, magnificent Italian food and wine knowing that you are providing support for families who need accommodation whilst involved in treatment for Cancer.

On **June the 2nd** at the **Italian Sports Club**, 601 Heaths Road Werribee, principal performers from Opera Australia lead by Michael Lapina will take us on a musical journey to the heart of Italy. The journey starts at **5:30 pm** and concludes at **10:30pm** and includes a three course dinner at a cost of **\$80**. Now we want you to “dress to impress” with a **Cocktail Dress Code**. We will have a **surprise** for you as you settle down for a fabulous night. Should you wish to purchase tickets please call the Italian Sports Club on **97411225**

Traffic to and from Wyndham will flow freely at that time of the evening so don't be afraid to come over the bridge for an experience something that would cost you so much more at the Opera House!

Wyndham Rotary
proudly presents

ITALIAN OPERA

GALA

*Celebrate a night of Italian Food & Wine
whilst being entertained by
Principals from Opera Australia*

Sunday 2 June 2019 @ 5:30pm
The Italian Sports Club of Werribee
601 Heaths Road, Werribee, VIC

Bookings Essential
Tickets: \$80pp (inc 3 course meal)
Phone: 03 9741 1225
Online: www.iscw.com.au

*All Proceeds of the event will go to the
Bone Marrow Donor Institute
Rotary House*




ROTARY AHEAD!

Thanks to Peter and Sally Sutherland for this photo taken during their current USA trip. A promotion for Rotary? Not really! On the east coast of the USA New York State through Massachusetts, this sign signifies a “roundabout ahead!”



You are invited to



Come and hear about Rotaract— a global organisation that empowers students and young professionals to create positive and lasting change in themselves, their local community and around the world. Partnering with Rotary International, the over 70 Rotaract Clubs across Australia are part of a worldwide organisation of 250,792 individuals in 10,904 clubs covering 184 countries.

Rotaractors are aged 18—30 and they:



HELP

Those in need



LEARN

Through professional development opportunities



ENJOY

Social activities

Does this sound like something you or someone you know would like to know more about?

If so, the Rotary Club of North Balwyn is working to establish a Rotaract Club in Boroondara and is inviting interested people to come, hear and learn about Rotaract from current Rotaract members.

You might be a student, an apprentice, working in an office, working outdoors, working for yourself, at home ...everyone is welcome.

The details for your diary:

Date: Tuesday 14 May 2019

Time: 7pm to 9pm Light refreshments will be provided.

Venue: Greythorn Community Hub, 2 Centre Way, Balwyn North

RSVP: To Jane Pennington by 10 May, admin@rotarynorthbalwyn.com.au

Questions: To Jane on 0408 402 555

We would love to see you then!!

For more information:

Rotaract: www.rotaract.org.au
 Rotary North Balwyn: www.rotarynorthbalwyn.com.au
 Rotary International: www.rotary.org



We acknowledge the Bendigo Bank East Kew for their support of this project.



Is the Entertainment Guide good value?



People have said, "What's the catch?" There is none. The book is the real deal.

Businesses offer discounts because they get the benefits of advertising. Often, they participate to support their local community.

As for the Entertainment Book, it earns money through the sale of books and digital memberships. Its key selling point is that it only distributes through charities.

The secret to making use of the book is to use it. I find many people feel pressured into buying a book to support a charity, and then are too embarrassed to redeem – or they forget.

For some people there is a social stigma to presenting a voucher, especially in front of other people.

My experience of using the vouchers is positive, and the new digital membership app makes it easier to use (plus I never forget it as it is on my phone).

A discount is only a bargain if you are spending money on something you need or want; it can be easy to fall into the trap of going after deals just to make a saving.

My tips for maximising savings with an Entertainment Book membership:

– You don't have to redeem everything in the book for it to be worthwhile – even if you are only recouping the cost of the membership you are collecting good karma by supporting a charity or cause in your community.

Order your book from Geoff Steinicke 0418 175 130 gwsteinicke@bigpond.com

THANK YOU FOR YOUR SUPPORT!
 Rotary Club of North Balwyn
 Geoffrey Steinicke
 0398578339
gwsteinicke@bigpond.com

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
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.

*Bakers
Delight*