



Meeting Report "Police Dog Squad" Speaker Sergeant Mark Boysen

This week's speaker was head of the Victoria Police Dog Squad, Sergeant Mark Boysen. The squad was formed in 1975.

Mark joined Victorian Police in 1985 spending his first 6 years at stations across Melbourne including Carlton, City West, St Kilda Annex and Moonee Ponds. It was in 1991 that Mark joined the Dog Squad where he is the Officer in Charge Training and General Purpose Dog Handler.

Male German Shepherds make the most suitable Police Dogs. Their extensive training is focussed upon a number of disciplines including tracking, searching, obedience, property location and subduing/arresting offenders.

Siege Dogs is a further area of development for the particularly well-developed Police Dog.

The searching role of a Police Dog is vast and includes not only searching for offenders but also Missing Persons, narcotics (Ice, GHB, MDMA), firearms, ammunition and cash (but not Bitcoin, Mr Romanis!)

Obviously a 24 hour state wide response unit, Mark leads an incredibly critical role to keep Victorians safe. In fact, last year the Dog Squad attended over 7,400 operations across the state that included helicopter urgent fly-ins, street scanning operations, dance parties, music festivals and search warrants.

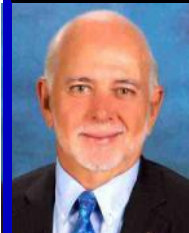
Mark described a number of real-life assignments whereby his most loyal and trustworthy partner is the same partner he gets to take home at night. The pair have also competed in a number of international Police Dog competitions.

German Shepherds are beneficial to policing not only in Victoria but across the world, due to their nose ability, size to quickly cover great distances and their non-threatening calm demeanour. While Mark explained Vic Pol only use German Shepherds and Labradors, for some other roles, some Police Departments across the world use Bloodhounds. Unfortunately Bloodhounds can be a little too judgemental during a critical incident.

Geoff Kneale



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/>

APOLOGIES FOR CLUB MEETINGS

Sign the "apology sheet" at the front desk if you know in advance.

Or E-mail to apologiesrcnb@gmail.com

**Please apologise no later than 5pm
on Monday.**

MEETING ROSTERS

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

Say farewell to Nino! Hello Peter!

Bookings: RSVP to Jane Pennington jane.pennington@bigpond.com

Payments: \$65 per person must be paid **in advance**. No meal payments on the night.

By EFT to Club's Admin account BSB 633 00 A/c 1464 706 53

Please include **your name** and **changeover** in the internet field to enable identification.

Or after Thursday's Meeting pay by cash, cheque or EFTPOS,

Or cheque to RCNB, PO Box 135, North Balwyn.

Friday **28 June**
Greeters: Janie Pirret, Greg Matthews
Set Up: Not Required
Desk Not required

Host:- President Nino Sofra

Meeting No.49

Thursday, 20th June 2019

Present

Guest Speaker 1 Police Sergeant Mark Boysen - The Police Dog Squad.

NB Members 42 Members Present = 60.9% ; Membership now = 69, Resignation of Chris Flavelle-Smith

Apologies (on time) = 13, LOA = 9, late apologies = 5 due to flu virus.

External Actiities 20 CAMBERWELL Sunday Market 9/6 - Greg Cribbes & ?

(Board Approved)

2nd BITE delivery to CamCare, 13/5 - Rob Head; GARDENING PROJECT 14/6 - Greg Cribbes & Janie Pirret.

MEN's SHED 11 & 13/6 - David Cheney, Peter Elliott (2), Tony Hart, Greg Matthews

BBQ CATERING 15/6 - Mongolian visit students with Estelle Kelly, Brian Lacy, Bill Oakley and Duncan Ansell

FARESHARE - Jane Pennington. RC Mornington - Greg Ross.

Birthdays and Anniversaries between June 24 to June 30

Weddings: Rob and AilsaHead

Birthdays: Imre Lele

Inductions: Ted Wilkins

AROUND THE CLUB**Fundraising for Mongolia - The Why and Wherefore**

The Memorandum of Understanding we have with National Camping Association of Mongolia includes that the internal costs (travel, meals and accommodation) of the trip by our group visiting Mongolia will be paid by Mongolia; and, in return, we will pay the equivalent costs for the Mongolian Contingent visiting Australia, so our Club has two separate and distinct sets of costs in relation to the Mongolian Exchange program.

Last time these costs for the visiting Mongolian group totalled approximately \$9000. Last time also, the Board felt that it was appropriate that the young people going to Mongolia should work to raise some part of this amount to help defray Club costs and to recognise that, indirectly they benefit from this expenditure. The outgoing Mongolian trippers and their families also contribute to this reciprocal arrangement by providing most of the home hospitality for the incoming group.

The outgoing Mongolian trippers and their families have enthusiastically embraced the idea of raising these funds. The proposal we put was that 50% of the funds they raised would go to our Club to defray the hosting costs, and 50% would go to the individuals raising the funds to cover some of their out of pocket expenses. Many of you will have seen the girls and their family members at various of our fundraising activities during this year where they have made a big impact and have supported the Club's efforts. In addition they have organised and run a number of fundraising activities of their own.

The team leave for Mongolia on June 28th and by that time will have raised over \$7000, of which around \$4300 will contribute towards the Club's costs in hosting the incoming Mongolian group next January. Not only has this activity helped the Club financially, we have added to our Rotary family with several parents expressing the wish to stay on as Friends, and one who has already joined our Club as a member.

Bill Oakley





DRF – St Arnaud Comedy Festival

On Saturday 15th June, the Drought Relief Committee delivered it's first instalment of its mental wellbeing strategy to the Wimmera farming committee.

Just under 250 locals and Rotarians, from Nth Balwyn and Balwyn, enjoyed a fun, pro-bono night aimed at bringing laughter and unity. Dinner was served at subsidised prices while the bar takings are being donated to the Salvation Army.

Master of Cermonies was the masterly, Gregory Ross, who kicked off the evening with a "Local Comedian Competition". Taking out prize vouchers of \$200 was brother and sister individual acts who excelled over the other 7 competitors.



Our three main event comedians commenced with Bev Killick – self described "Crummy Mummy" who invented a new use for the Hills Hoist.

Next was the infamous Elliot Goblet with his dead-pan 30 minute act that audiences are familiar with since Elliot's initial appearances on "Hey, Hey It's Saturday" back in the 1980s. Thanks to Elliot, the Dunolly Bakery is still stocking brown boot polish!

All three professional comedians were extremely generous with their time including our third comedian, Marty Fields, who drove the 3 hours from Melbourne to deliver his astonishing gig and then immediately driving the 3 hours back to Melbourne. Marty's 5 minute Melbourne Cup race call dumb-founded the audience with it's brilliance.

Our team worked tirelessly over the last three months to ensure we delivered the very best evening possible for the Wimmera community. While there are too many people to thank in this report, we wish to highlight our appreciation to our Board and President, Rob H, Jim R, Geoff H, Greg, Jeanette, Jo/Tony Wells and the Balwyn Rotary Club for their enormous support.

Pictured – Elliot Goblet, Marty Fields, Bev Killick and MC Gregory Ross.

Geoff Kneale.



Geoff's Health Tip

Lowering Blood Pressure May Have Positive Effects on Alzheimer's

Several observational studies have shown high blood pressure in middle age to be a risk factor for Alzheimer's disease in later life.

Last year, I reported on a study presented at the Alzheimer's Association International Conference in Chicago in 2018. The study involved 9,300 elderly people with hypertension, who were taking anti-hypertensive medication.



- * The results of the 4-year study that required strict blood pressure control for 3.2 years, with a systolic target of 120 mmHg or lower, showed that the incidence of mild cognitive impairment was reduced by a significant magnitude compared with people registering a systolic blood pressure of 140mmHg.

A recent peer reviewed study showed that reducing blood pressure increases blood flow to the hippocampus, an area of the brain associated with Alzheimer's disease.

In this study, conducted by Jurgen Claassen MD, PhD, Universal Medical Centre, Nijmegen, Netherlands, researchers wanted to look at the effect of lowering blood pressure on cerebral blood flow in Alzheimer's patients, with a particular interest in the hippocampus.

- * The researchers found cerebral blood flow remained stable when blood pressure was lowered.
- * This is an important finding as some physicians seem to want blood pressure in the elderly to be higher to maintain cerebral blood flow on the assumption that reducing blood pressure exacerbates memory loss - the results suggest that the opposite may be the case.

On the mechanism, Claassen speculated that high blood pressure might trigger reduced blood flow to the brain and hippocampus, with the blood vessels becoming thicker to withstand the higher pressures. Claassen commented that "what we think of as 'normal' blood pressure is probably still too high when it comes to negative effects on the cardiovascular system and the brain. Even mildly elevated pressure could lead to cerebral blood vessels adapting".

Current results have several potential implications:

- * First of all, for patients with Alzheimer's, there is no reason not to treat with antihypertensives, as lowering blood pressure does not compromise cerebral blood flow.
- * All these findings add to the body of evidence that controlling blood pressure to 120/70mmHg in middle age is not only good for the heart but good for the brain.

Geoff

2019/2020 ENTERTAINMENT BOOK

2019/2020 ENTERTAINMENT BOOK

With the 2018 | 2019 Entertainment Membership about to expire, now is the perfect time to



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

Rotary



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

Changeover Dinner



Date:	Friday 28 June 2019
Venue:	Gree naces Golf Clu b, 51 Elm St, East Kew
Time:	6.00pm for a 6.30p m st art
Cost :	\$65.00 per person Which incll u d es a t wo course meal, drink on arr iva l and wine on t he table. Oth er drinks will be at bar prices.
Payment:	Cheque payable to the "Rot ary Club of North Balr yn" or Dir ect depo sit into the RCNB ba nk acco u nt : BSB: 633 000 Account Number: 146470 653 Acco unt Name : Rot ary Clu b of North Balw yn Adm in Accou nt Pl ease put reference: You r n am e and Cha ngeover
RSVP:	To Jaine Pennington by 10 Jun e 2019
Email:	Jai e.Penningt on@bigpond.com or Ph on e: 0408 402 555
Diet ary:	Please list any dietary requireme nts at the time of rsvp'ing.
Dress :	Lounge Su it / smart casu al with a sp lash of p urp le.
Q uesi ons ?	Contact Jane Pennington for more informati on

Rotary
District 9800



Rotaract



District 9800 Changeover



BE THE INSPIRATION

2018-19

to



2019-20

Sunday, June 30, 11:30 pre-lunch drinks for midday start

Lakeside Banquet and Reception Centre

65 Melton Highway, Taylors Lakes

Adult \$70, Child \$45. Includes 2 course lunch and drinks

Book and pay via TryBooking by Sunday 16th June 2019

<https://www.trybooking.com/473703>

Second Bite Roster

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

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

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

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

Date	Volunteer Driver	Team Members NOT available
27 June	Greg Cribbes	
4 July	Garth Symington	
11 July	Jim Studebaker	
18 July	Jim Studebaker	
25 July	Hugo Goetze	
1 Aug	Geoff Haddly	Garth Symington
8 Aug	Steven Groatorex	Hugo Goetze
15 Aug		Hugo Goetze Geoff Haddy
22 Aug		Hugo Goetze Geoff Haddy
29 Aug	Garth Symington	Hugo Goetze Geoff Haddy
5 Sept		Geoff Haddy
12 Sept		Geoff Haddy Garth Symington
19 Sept		Geoff Haddy Garth Symington
26 Sept		

CAMBERWELL SUNDAY MARKET ROSTER - No 44

Sunday	6.45am - 10.00am	9.45am - 1.00pm
30 June	Tak Yukawa	Brian Lacy
7 July	Bill Oakley	Marcel Muntwyler
14 July	Rob Head	Anthony Stokes
21 July	Geoff Haddy	Findley Cornell
28 July	Geoff Kneale	Brian Lacy
4 August	Peter Sutherland	Janie Pirrell
11 August		Ian Richardson
18 August		
25 August	Garth Symington	Colin Sharp
1 September		
8 September	Greg Cribbes	Adam Hillary

Please let me know as soon as possible if you are cancelling
[Geoff Steinicke](mailto:gwsteinicke@bigpond.com) Mob 0418 175 130 email gwsteinicke@bigpond.com

Catering is one of major fundraising activities - help is always wanted!! so if you can help at any of the following

please email: admin@rotarynorthbalwyn.com.au

29 June	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1	Bill Oakley	Bill Oakley
	Box Hill	2	Greg Cribbes	Brian Lacy
		3	Jagath Jayasinghe	Janie Pirret
		4	Rowan Morrow	
		5	Carolyn Morrow	
	Eftpos M/c Man			
13 July	Miniatures		8.30am to 12.30pm	12.00pm to 4.00pm
Saturday	Glen Waverley	1	Jane Pennington	Barry Cummings
		2	Reg Parsons	Kristine McDonell
		3	Geoff Steinicke	Jane Pennington
		4	Pete Sutherland	Pete Sutherland
		5	Jagath Jayasinghe	Jagath Jayasinghe
		6	Naomi Uehara	Naomi Uehara
		7		
		8		
14 July	Miniatures		8.30am to 12.30pm	12.00pm to 4.00pm
Sunday	Glen Waverley	1	Jane Pennington	Jane Pennington
		2	Reg Parsons	Eileen Toohill
		3	Pete Sutherland	Jim Studebaker
		4	Jim Studebaker	Janie Pirret
		5		
		6		
		7		
		8		
27 July	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Road			
	Box Hill			
		1		
		2		
		3		
		4		
		5		
9 August	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1		
	Box Hill	2		
		3		
		4		
		5		

Rotary Gardens Project

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 19 July	CGS, XC	3-5pm	G Haddy	I Glenny, J Pirret
Fri 26 July	CGS, XC	3-5pm	G Symington	I Glenny, J Pirret
Sat 27 July	MLC	10-noon		T Yakawa
Fri 2 Aug	CGS, XC	3-5pm	R McClean	I Glenny
Fri 9 Aug	CGS, XC	3-5pm	Colin Sharp	I Glenny, I Adams (at Eva T)
Sat 10 Aug	MLC	10-noon	G Haddy	F Cornell
Fri 16 Aug	CGS, XC	3-5pm		I Glenny
Sat 17 Aug (special)	CGS Spl	10-noon	G Steinicke	M Muntwyler
Fri 23 Aug	CGS, XC	3-5pm		I Glenny
Sat 24 Aug	MLC	10-noon	G Symington	
Fri 30 Aug	CGS, XC	3-5pm		I Glenny
Sat 31 Aug (special)	CGS Spl	10-noon		
Sat 31 Aug	MLC	10-noon		
Fri 6 Sept	XC	3.45 – 5pm	G Cribbes	I Glenny, G Symington
Sat 7 Sept	MLC	10-noon		E Kelly
Fri 13 Sept	XC	3.45 – 5pm	G Cribbes	I Glenny
SCHOOL HOLS				
Fri 11 Oct	XC	3.45 – 5pm		E Kelly
Sat 12 Oct	MLC	10-noon		
Fri 18 Oct	CGS, XC	3-5pm	G Cribbes	
Sat 19 Oct	MLC	10-noon		
Fri 25 Oct	CGS, XC	3-5pm		
Fri 1 Nov	CGS, XC	3-5pm	G Haddy	
Fri 8 Nov	CGS, XC	3-5pm	G Cribbes	
Fri 15 Nov	CGS	3-4pm		

Please complete as circulated at meetings or advise availability to [Neil Marshal email neiltric@yahoo.com.au](mailto:neiltric@yahoo.com.au)



"I've crunched the numbers in your retirement account. It's time to figure out who will be wearing the mask and who will be driving the getaway car."



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	jdmc48@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		

CHRIS CROSS

Landscape and Garden Supplies

Call Us (03) 9859 2666

We deliver anywhere!



FIREWOOD
NOW
AVAILABLE



We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.



helloworld

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.

