



Meeting Report

Thursday 22nd November – Speaker, Detective Senior Sergeant Paul Scarlett

Our Speaker last week presented a “roller coaster” speech of horrifying murder scene descriptions through to hilarious stories of heists gone funnily wrong and back to the seriousness of mental health issues throughout our community.

Detective Senior Sergeant Paul Scarlett was accompanied by his wife, Rania, herself a Bravery Award recipient from the Prime Minister in recognition of her efforts during the 1996 Port Arthur massacre.



Chairman, Geoff Kneale, introduced Paul by describing his tireless work over 3 decades in numerous Squads including the Rape, Drug, Major Fraud, Homicide and various other divisions.

Currently a witness in yet another murder trial of serial murderer, Peter Dupas, Paul has investigated Dupas for 17 years and was instrumental in the release from prison of lawyer Andrew Fraser who, in turn, provided the damning evidence of Dupas’ third murder that led his third life sentence.

Paul’s speech turned to detailing the structural, training and technical advancements in policing during his career. Mental health support within the force and managing those law breakers suffering from mental health issues; SOG/ SAS training at Chadstone shopping centre simulating a mass shooting scenario; new police equipment including high powered weapons and passive restraint equipment; the advancements and cold case benefits of Trace DNA.

Those 53 Rotarians and visitors in attendance on Thursday evening will clearly remember the funny side of the 7 Eleven armed robbery that ended where it started with the robber taking flight on the 302 bus – only to be delivered back to the 7 Eleven and arresting officers since the 302 bus route actually terminated at that same 7 Eleven.

Paul also vividly described the Bonnie and Clyde armed robbery at The Cuckoo restaurant in the Dandenongs when “Clyde” shot “Bonnie” in her derriere. On arresting “Clyde” and reading him his rights, Paul whispered in “Clyde’s” ear, “well mate, you made a half-arsed effort that robbery!”

The same could not be said for Paul’s terrific presentation.

Geoff Kneale.

Our Leadership



**RI President
Barry Rassin**



**DG 9800
Bronwyn
Stephens**



**AG Eastside
Barry
Hickman**



**President
RCNB
Nino Sofra**

Club Diary

December 7 Ladies Christmas Fare
Sunday January 13th – Brunch at Warrandyte
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**

MEETING ROSTERS

PARTNERS NIGHT

PARTNERS NIGHT

PARTNERS NIGHT

PARTNERS NIGHT

VENUE:- NORTH BALWYN BOWLS CLUB

MEAL PRICE \$25:00 PER HEAD.

Thursday 29 November

Greeters: Brian Lacy, Imre Lele

Set Up: Bronwen Dimond, Ian Richardson

Desk: Peter Elliott, John McBride

Speakers - Bev Sofra, Brian Thomas
and Jenny Sanders

Topic - Solomon's Report

Thursday 6 December

Greeters: Kinga Paulheim, Colin Sharp

Set Up: Jim Romanis, Geoff Steinicke

Desk: Ted Wilkins, Greg Cribbes

Speakers - Sue Taffe

Host - Jeanette Leigh

CHRISTMAS PARTY

CHRISTMAS PARTY

CHRISTMAS PARTY

CHRISTMAS PARTY

THIS IS A PARTNERS NIGHT

Thursday 13 December

Greeters: Anthony Stokes, Garth Symington

Set Up: Jim Studebaker, Peter Sutherland

Desk: Russell Cooper, David Cheney

CAMBERWELL SUNDAY MARKET UPDATE

"Our newest team member Adam Hillary from North Balwyn was an eager starter too and grateful to be there as a North Balwyn participant. It was his first time as a collector. See picture. He and Charles welcome a happy customer!

Adam teamed up with Tony Wells another RCNB member who was an early starter also eager to assist!"



Birthdays and Anniversaries between November 25 to December 1

Weddings: Jane and Duncan Ansell

Birthdays: Rob Head, Ian Mollison, Rob Stewart

Induction Anniversaries: Tony Hart, Bill Oakley

Place your orders with Colin Sharp email colinsharp@bigpond.com \$10.00 for a pack of 6 tarts

WE'RE ALL ABOUT OUR COMMUNITY THIS *Christmas*

At Bakers Delight, we're all about our community so this Christmas we'd like to offer your school or organisation the opportunity to bring some additional delight to your network with our

Bakers Delight Christmas Fundraising Drive

**We'll donate \$2 from every
Christmas Tart 6-pack sold!**



Fruit Mince Tarts!!

Lemon Tarts!!

\$10.00 a pack of 6 Tarts!

Need more Christmas convincing....?

We will happily provide free samples of our freshly baked, delicious Fruit Mince and Lemon Tarts.

We pride ourselves on maintaining the highest possible quality products by using only the finest ingredients.

Want to join in our jolly offer?

If you wish to participate in a Bakers Delight Christmas Fundraising Drive, we will confirm both your order due date and order delivery date for your event.

Merry Christmas,

Baker Delight Franchisee

T:



Bakers Delight

Geoff's Health Tips

Cocoa – the Real Heart of Chocolate

Unsweetened cocoa is the raw material for making chocolate – we all knew that – right? In case you were unsure, cocoa is the starting point to which you add sugar. To make dark chocolate you need at least 70% cocoa powder and a maximum 30% sugar.

There have been many studies showing that chocolate, especially dark chocolate, is good for your heart. It is now well established that dark chocolate is good for reducing arterial stiffness and for LDL cholesterol reduction, all factors in improving heart health.

- * Flavonols are the primary ingredients in chocolate that are credited with this improvement in the cardiovascular system.
- * Flavonols also lead to improvement in cognitive function, increasing processing ability and memory.
- * We also know that cocoa has more antioxidant value than green tea or red wine. Antioxidants are important because they quell highly unstable free radicals.

It's important to remember that the flavonols and antioxidants are highly concentrated in cocoa and we should try to maximise its use.

I am sure you will find many recipes such as cocoa with fruit and nuts in a muesli mix and of course brownies and chocolate cake are always popular.

We all like our coffee, but why not try hot chocolate? You might like it and maybe it's healthier!



Geoff

<u>Meeting No.22</u>		<u>Thursday, 22nd November 2018</u>
Present :		
Guest Speaker	2	Detective Snr Sgt Paul Scarlett & Rania Scarlett
NB Members	53	
Partners	1	Melissa Maitland-Smith
Guests	2	Rob Billings (Peter Cleary) and Jacqueline Kuruppu - ARH PHD Scholar (Greg Ross)
Interactors	2	Archie Shang & Cathryn Wu (Estelle Kelly)
Alumni	1	Maria Gouvoussi
Members Present 53 = 71.6%		Apologies - LOA = 1, On-time = 15, Late = 3, No Apology = 2.
External Activities : 12		<u>2nd Bite delivery to CamCare 22nd Nov.</u> - Rob Head; <u>RC Melbourne</u> - Terry Keyhoe
Board Approved: Gardening in recess for School Holidays.		<u>C/well Sunday Market 18 Nov.</u> - Larry Fitzpatrick, Sue McDonald
Reading Program St Bridget's 20 Nov.		- Estelle Kelly, Bill Oakley & Phil Wade; <u>FairShare</u> - Larry Fitzpatrick.
<u>Men's Shed</u> 20 & 22 Nov.		- David Cheney, Peter Elliott;
Absence for Rosters :		
T.Angleton, B.Bott, R.Cooper, D.deGaris, P.Francis, T.Hart, R.Head, E.Kelly, G.Kneale, J.Liao,		
S.McDonald, B.Oakley, J.Romanis, G.Ross, C.Sharp, R.Stewart, A.Stokes, D.Taylor, M.Walters, T.Yukawa.		



Christmas Fare

Commonwealth Bank, North Balwyn Village

Friday, 7th December 2018

We are planning the Annual Christmas Fare again this year. Are you able to help with baked goods, puddings, cakes, shortbreads, biscuits, chutneys and much more to tempt taste buds and decorate Christmas tables?

If you are able to help could you please deliver goods to Ian Mollison's office, Helloworld, 66 Doncaster Rd by 5:30pm Thursday 6th December.

This year funds raised will go to
Impact for Women
Making a difference to women
and children fleeing extreme violence
at home

Many thanks for your help.

Do NOT
mind your own business

Do nothing
and you may as well
lend a hand

 impact



Enquires to Bev Sofra Mob: 0438 567861

GRAND PRIX INFORMATION

Our catering involvement at the Formula 1 Australian Grand Prix is a major fund-raising event for our club. It is also a great opportunity to participate in a 'hands on' activity with our fellow members and others.

The 2019 Australian Grand Prix runs 12-17 March 2019 and we will be looking for about 70 members and others to staff the event.

If you have the opportunity, please talk to your friends and relatives to see if they have an interest in joining us for one or more of these days.

We will be drawing up rosters in the coming weeks so we have sufficient time to get the Grand Prix accreditation necessary for our members and volunteers to be on the track on race days.

In the meantime, please mark up you calendars with the dates now.

More later..... Jim Studebaker

**CAMBERWELL SUNDAY MARKET ROSTER – No 9**

Sunday	6.45am – 10.00am	9.45am – 1.00pm
2 December	Greg Cribbes	Garth Symington
9 December	Kinga Paulheim	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	Janie Pirret
3 February	Steven Greateorex	Estelle Kelly
10 February	Greg Cribbes	Greg Cribbes
17 February *	David de Garis	
24 February	Phil Francis	Joe Butler
3 March	Geoff Haddy	Anthony Stokes
10 March		
17 March +		
24 March		
31 March		
7 April		
21 April Easter		

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

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

* Multi District Conference Feb 15 -17 + Grand Prix 17 March

Peace Through Service Conference

Rotary



Melbourne Convention Centre Friday 15 February 2019

- Learn how Rotary's Areas of Focus promote international peace and harmony
- Join leaders & share ideas
- Be inspired by world class speakers
- Learn about Rotary's Peace Building partners
- Learn how your club can become a Peace Builder Club
- Enjoy networking opportunities



MC Brittany Arthur



Ian Riseley OAM



Steve Killellea AM



Tony Stuart, UNICEF



Tilman Ruff AM

PROVISIONAL PROGRAM AVAILABLE

on the 2019 Victorian

Multi District Conference website:

www.rotaryconference.org.au

Before November 30: \$150 (\$75 with VMD Conference registration)

After November 30: \$200



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.

*Bakers
Delight*