



MEETING REPORT

“Never Give Up” – Speaker Graeme Alford.

Our Host for the evening, Ian Mollison, superbly introduced our speaker's incredibly conflicting background. Called “The Comeback King” in his episode of the ABC's “Australian Story”, Graeme Alford's story begins as a scholarship awarded Trinity Grammar student. Partying yet passing his way through Law at Melbourne University, Graeme attributes his love for alcohol that stole what should have continued to be a highly successful and rewarding law career and life in the eastern ‘burbs.

Disbarred in 1978, Graeme's life spiralled out of control to the point of arrest for armed robbery in 1982. This was to be Graeme's third term in jail at which point, Graeme finally started his self-reflection.

“How did my life come to this?” Am I going to give up or get up?”

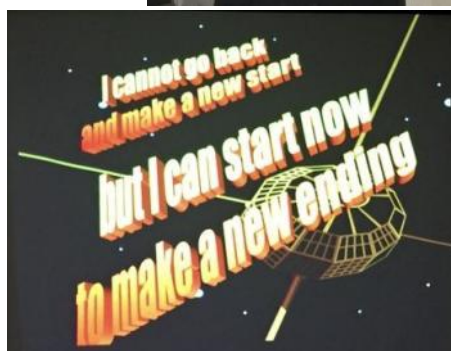
Writing his personal Balance Sheet, Graeme commenced his turning point by taking stock. His unbalanced Balance Sheet included liabilities such as destroyed marriage, failure as a father, 10 years jail, 8 stone overweight, etc., etc., etc. And Graeme's assets? ‘I am alive and my Mum still loves me’.

Realizing he knew the price of everything yet the value of nothing, Graeme commenced his great comeback. “If you are prepared to face the music, one day you might lead the band” ... and that he did. Fearing rejection and therefore not accepting “no” for an answer, Graeme started his highly successful International Speaker programs. Nelson Mandela, General ‘Stormin’ Norman Schwarzkopf, Lee Iacocca and Michail Gorbachev were all intrigued enough by Graeme to support him by travelling to Australia as his Key Note Speakers.

Graeme's life has seen u-turns before but now, clearly, Graeme is driven to appreciate that his happiness is wanting what he now has.

Graeme's message is never give up, it is never too late, that we cannot have a new start in life but right now we can start to make a new ending.

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/)
<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 Monday.



ABN: 52 006 119 964

Rotary Down Under House

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PO Box 3455, Parramatta NSW 2124

T: 02 8837 1900 E: admin@arh.org.au

OPEN LETTER TO THE CLUB

Mr Nino Sofra
President
Rotary Club of North Balwyn

11 May 2019

Dear Nino

To you, the Board and members of the Rotary Club of North Balwyn

Our Club's 39th Birthday evening was a happy and successful celebration, with wonderful music and fellowship, along with the presentation of three PHF's and my Ruby Companion.

To see the response from Club members following PDG Jim's words was both uplifting and overwhelming, and the extraordinary flow of heartfelt congratulations from so many of our members and guests will stay with me for the rest of my life.

It is the first time I have ever been really comfortable with a personal recognition but I believe this Ruby Companion can be used to inspire other Australians in their giving. While I had been able to afford a Gold Companion pin in President Jane's term, the voluntary nature of my work as ARH Chairman since then has removed the chance to donate any more in a substantial way personally.

For that reason, I am extremely grateful that you and the Board have seen fit to honour my work in this way. It reflects positively on RCNB, the most important part of my Rotary life, and I am so happy to include that aspect of my own Club's support in my presentations around the country. It seems to inspire others and I have had no negative feedback about Lift the Lid from anyone in the past two years which, in this day of open slather social media comment, has been a great reward in itself.

There is so much still to be done, especially in building corporate and government support and to get the one third of Australian Rotary clubs who don't currently give to ARH to do so. However, the remaining two thirds have continued building their support, as have individual Rotarians.

My term finishes in September 2020 and while not wishing the time until then to pass too quickly, I will be content to resume more normal Club duties after that.

Thank you so much North Balwyn for your wonderful support ... of ARH and me.

Greg

Gregory Ross, Chairman



www.australianrotaryhealth.org.au

The Mens Shed Support for Servants Community Housing

Servants Community Housing, which provides safe and low cost housing for people in need in Boroondara, has been looking at an innovative way to present information at public festivals and similar events and the Men's Shed, through the good work of David Hattam, has provided a solution.

David has designed and built a stylised model rooming house with a series of small doors which can be opened by members of the public to reveal handout information and details about Servants and its work.

The model will be taken to various public events and used to highlight the important role of Servants and to seek support for its efforts.

The project has developed from an idea put forward by the CEO at Servants, Amanda Donohoe which she discussed with Tony Wells at RC North Balwyn who then approached the Men's Shed and was put in touch with David Hattam.

David met with Amanda and on the spot prepared draft drawings which he later refined.

The result is the model which has been beautifully crafted and which will shortly be passed to Servants and put to good use.

This is a great example of the Mens Shed's positive contribution to worthwhile projects in our local community; due largely on this occasion to the excellent work of David Hattam.

Tony Wells



2019/2020 ENTERTAINMENT BOOK

2019/2020 ENTERTAINMENT BOOK

With the 2018 | 2019 Entertainment Membership about to expire, now is the perfect time to purchase their new Memberships from you in order to enjoy hundreds of valuable offers until 1 June 2020!

Contact Geoff Steinicke at gwsteinicke@bigpond.com or Mobile 0418 175 130



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

With the 2018 | 2019 Entertainment Membership about to expire, now is the perfect time to buy the brand new 2019 | 2020 Entertainment Membership! You can enjoy thousands of valuable offers for everything you love to do, all while supporting our fundraising.

Purchase your 2019 | 2020 Entertainment Membership!

MEETING ROSTERS

Thursday 30 May Greeters: Jim Studebaker, Peter Sutherland Set Up: Anthony Stokes, Maurie Walters Desk: Neil Marshall, Ian Mollison	Speaker:- Dr Jan Manent PhD Host:- Findley Cornell Topic:- Australians Leading The World in Cancer Research
<p>Dr. Jan Manent is a Research Fellow at the Australian Regenerative Medicine Institute. Having graduated from the Pierre and Marie Curie University in Paris with a PhD in Human Genetics, Dr Jan has worked at the Harvard Medical School in Boston and then at the Peter MacCallum cancer centre in Melbourne on various cancer dispositions.</p> <p>Now leading the world in cancer research, Dr Jan will present on cancer research findings covering stemcell, organ growth and limb growth.</p>	
Thursday 6 June Greeters: Brian Thomas, Eileen Toohill Set Up: Adrian Ranson, Greg Ross Desk: Bill Oakley, Estelle Kelly	Speaker: Dr Laura Hart Host:- Greg Ross Topic:- Teen Mental Health First Aid – How Australian Rotary Health has helped launch an important international program for adolescents'
Thursday 13 June Greeters: Philip Wade, Tony Wells Set Up: Beatrice Ko, Phil Francis Desk: Adrian Ranson, Ian Richardson	Speaker: Tony Alsop—Acorn Nursery Host:- Imre Lele Topic:- Gardening in Winter
Thursday 20 June Greeters: Ted Wilkins, Tak Yakawa Set Up: Garth Symington, George Swanston Desk: Brian Thomas, Sue McDonald	Speaker: Sergeant Mark Boysen – Host:- Geoff Kneale Topic:- Victoria Police Dog Squad

CHANGE OVER NIGHT

Friday June 28 Greenacres Golf Club 6:00 for 6:30 pm
 Say farewell to Nino! Hello Peter!

Friday 28 June Greeters: Janie Pirret, Don Taylor Set Up: Jim Studebaker, Jane Pennington Desk: David de Garis, Ted Wilkins	Host:- President Nino Sofra
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School Reading Activities.

Tuesday 07/05/19: Attendees: Estelle Kelly, Cath Stahel, Bill Oakley, Janie Pirret, Amelinda Wade, Philip Wade.

Tuesday 14/05/19: Attendees: Estelle Kelly, Cath Stahel, Bill Oakley, Janie Pirret, Amelinda Wade, Philip Wade.

Tuesday 21/05/19: Attendees: Estelle Kelly, Cath Stahel, Nino Sofra, Janie Pirret, Amelinda Wade, Philip Wade.

Birthdays and Anniversaries between May 27 to June 2

Weddings: Tony and Carolyn Hart, Anthony and Barbara Stokes
Birthdays: Jim Romanis, Lyn Schwartz
Inductions: George Swanston

ELECTION DAY BBQ

Last week, our Club joined forces with the Rotary Club of Balwyn to run a **Democracy Sausage BBQ** outside the Genazzano College on Election Day.

Thanks to the great organizational efforts of Ian Davidson and President Di Gillies of the Balwyn Rotary Club, the BBQ proved to be a great success.

The fellowship was wonderful with North Balwyn Rotary Members all expressing pleasure at working with that "lovely bunch from Balwyn Rotary".

Financially it was a great result and we are looking forward to making this an annual event. (no not really).

Thank you Balwyn for this wonderful opportunity.



Geoff's Health Tip – brought to you by Peter Sutherland

Want to improve your mood? It's time to ditch the junk food

Depression has long been treated with medication and talking therapies, however we're beginning to understand that increasing how much exercise we get and switching to a healthy diet can also play an important role in treating – and even preventing – depression.

Ditch junk food: Research suggests that while healthy diets can reduce the risk or severity of depression, unhealthy diets may increase the risk. Unhealthy diets are those that contain lots of foods that are high in energy (kilojoules) and low on nutrition.

Avoid or reduce:

- processed and takeaway foods, processed meats
- fried food, butter, salt
- potatoes, refined grains, such as those in white bread, pasta, cakes and pastries
- sugary drinks and snacks.

Replace junk with healthy options



Having a healthy diet means consuming a wide variety of nutritious foods every day, including:

- fruit (two serves per day)
- vegetables (five serves)
- wholegrains
- nuts
- legumes
- oily fish
- dairy products
- small quantities of meat
- small quantities of olive oil
- water.

At the end of a trial, the depressive symptoms of the group that maintained a healthier diet significantly improved.

Some 32% of participants had scores so low they no longer met the criteria for depression, compared with 8% of the control group.

You've been diagnosed with depression, now what?

1. **Talking therapies.** The [Medicare Better Access scheme](#) provides rebates for up to ten sessions of therapy a year to see a psychologist, social worker, or occupational therapist.
2. **Antidepressants:** Medications might be considered when therapy hasn't been effective.
3. **Diet and Exercise:** People with depression are increasingly told that [doing more exercise](#) and [eating better](#) will alleviate their symptoms.

Read the full article [HERE](#)

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.

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



FREE EVENT
BOOKINGS ARE ESSENTIAL

PRESENTS

COMEDY FOR DROUGHT RELIEF

The Rotary Clubs of North Balwyn, Balwyn and St Arnaud, and the Australian Institute of Comedy, present the community of St Arnaud with a night of hilarity.

Saturday 15th June, 2019 from 5.30pm
Town Hall, St Arnaud

Starring

Marty Fields, Bev Killick & Elliot Goblet

Hosted by

Former Cop Shop star
Gregory Ross



Food and drinks available at reasonable prices.

Plus a fun local Competition. You can also get involved with your own comedy act or joke. Local adults and school students will participate in their category for a first prize of \$150 and minor prizes of \$50. To enrol contact Russell Steel at St Arnaud Resource Centre, 85 Napier Street. **Mobile** 0455 133 498 **Email** russellsteel99@gmail.com

Book now at www.trybooking.com/498785
or at the Community Resource Centre - 85 Napier St



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



Family Violence Forum



Guest Speakers:

GARRY HIGGINS OAM

Rotary Club of Maryborough

TREVOR ROWE

Detective Acting Inspector

Centre for Crime Investigation

Victoria Police

BENJAMIN BREWIN

Promoting Health Masculinities

in the Eastern Region

ELIZA SIMPSON

Detective Acting Senior Sergeant

Victoria Police

MC — Councillor Sharon Ellis

Whitehorse City Council

#SayNO2familyviolence

*Entry: Gold coin
donation
to benefit
EDVOS*

*Seating limited
to 150 people
Light refreshments
served*

*NO CHARGE
Bookings through
www.trybooking.com/505300*

**TUESDAY JUNE 18th. 6.30pm - 9.30pm BOX HILL INSTITUTE (TAFE)
ELGAR AUDITORIUM Elgar Bldg. 4 B32 / B34 ELGAR ROAD BOX HILL**



Proudly supporting



Ron Liner has lived with Kidney disease for 6 years and undergoes dialysis to clean his blood. This involves going to hospital 3 times every week and being connected to a machine for about 4-5 hours each time. He is keen to raise awareness and funds to help others struggling with this disease.

With the support of Kidney Health Australia, we invite you to a gala dinner at the Dingley International Hotel, Moorabbin, on Wednesday 31 July. Join us for a night of uplifting entertainment.

Internationally acclaimed concert pianist Alan Kogosowski will perform with inspirational words from Dr Eugenia Pedagogos and Dr Peter Larkins, along with added musical entertainment from brilliant musician Simon Ross. The special evening will be hosted by Australian actor and former Cop Shop star Gregory Ross.

**PLEASE JOIN US ON
31 JULY**

AND MAKE IT A WONDERFUL NIGHT
PROMOTING KIDNEY HEALTH!

Tickets can be arranged either as a table of 10 or individually via

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

enquiries: 0414 33 77 23

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
30	May	Garth Symington	
6	June	Reg Parsons	
13	June		
20	June		
27	June	Greg Cribbes	

Can you help out
on these 2 days?
Let Garth know!



CAMBERWELL SUNDAY MARKET ROSTER – No 40

Sunday	6.45am – 10.00am	9.45am – 1.00pm
2 June	Neil Marshall	Nino Sofra
9 June	Estelle Kelly	Findley Cornell
16 June	Greg Cribbes	Larry Fitzpatrick
23 June	Tony Wells	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	Geoff Kneale	Brian Lacy
4 August		Janie Pirret
11 August		Ian Richardson
18 August		
25 August	Garth Symington	
1 September		
8 September	Greg Cribbes	
15 September		
22 September		
29 September		

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

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	Jagath Jayasinghe	Pirozek Family
		3	Emily Rowling	Georgia Suddick
		4	Bill Oakley	Brian Lacy
		5	Estelle Kelly	Bill Oakley
	Eftpos Manager			
22 June	Maserati Club		7.30am to 11.30am	11.00am to 3.00pm
Saturday	Sandown	1	Jagath Jayasinghe	
		2	Sandy Jayasinghe	
		3	Jane Pennington	
		4		
		5		
23 June	Reclink		10am to 2pm	1.45pm to 6pm
Sunday		1	Jagath Jayasinghe	
		2		
		3		
		4		
		5		
		6		
		7		
		8		

Rotary Gardens Project

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 31 May	CGS	3-5pm	R McClean	I Glenn, J Pirret
Fri 14 June	XC	3.45 – 5pm	G Cribbes	I Glenn
SCHOOL HOLS				
Fri 19 July	CGS, XC	3-5pm	G Haddy	I Glenn
Fri 26 July	CGS, XC	3-5pm	G Symington	I Glenn
Sat 27 July	MLC	10-noon		T Yakawa
Fri 2 Aug	CGS, XC	3-5pm	R McClean	I Glenn
Fri 9 Aug	CGS, XC	3-5pm		I Glenn, I Adams (at Eva T)
Sat 10 Aug	MLC	10-noon	G Haddy	F Cornell
Fri 16 Aug	CGS, XC	3-5pm	G Symington	I Glenn
Sat 17 Aug (special)	CGS Spl	10-noon	G Steinicke	M Muntwyler
Fri 23 Aug	CGS, XC	3-5pm		I Glenn
Sat 24 Aug	MLC	10-noon		
Fri 30 Aug	CGS, XC	3-5pm		I Glenn
Sat 31 Aug (special)	CGS Spl	10-noon		
Sat 31 Aug	MLC	10-noon		

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

Tony Wells, through his contacts in Tasmania, has received the flyer below for an exciting opportunity for younger people to join an off-shore excursion on a square rigger called Windeward Bound which sails out of Hobart.

The Windeward Bound website is: www.windewardbound.com.au

Windeward Bound has been supported by Rotary in Tasmania and this particular program offers a cost free experience for eligible 18 to 25 year olds.

Please contact Tony Wells if you, or others you may know, have an interest and he will connect you with the appropriate people at the Windeward Bound Trust.

Tony's details are: 0400 077 447 or welstar@bigpond.com

The Windeward Bound Trust

Are you a **Victorian** resident aged between 18 and 25?
Would you like to join the voyage of a lifetime,
an adventure under sail?

NOW is your opportunity to participate
in our next ten-day program.
It will give you the chance to:

- Participate in team-building activities
- Sail on a blue water square-rigger
- Develop leadership skills
- Increase self-confidence
- Explore future careers
- Meet new people
- **HAVE FUN**



Join This Voyage Today

Departing Hobart **25th November**, returning Hobart **3rd December**

*There are up to 9 fully-funded berths (including
return airfare to Hobart) available through the
David Boykett Tall Ships Voyaging Fund*



**Contact the Windeward Bound Trust
For Further Information:**

office@windewardbound.com.au 0498 120 092 www.windewardbound.com.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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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*