



ANNOUNCEMENT

It is with great pride that we congratulate our Member Brian Lacy for being awarded an Order of Australia as part of the Australia Day celebrations.

The citation reads as follows:-

Brian J. Lacy AO LLB M.Com (Hons) (of Balwyn North, VIC.) For distinguished service to the public administration of Australia's Indian Ocean territories, to industrial relations and to the law.

Congratulations Brian from all of us at the Rotary Club.

Our Leadership



**RI President
Barry Rassin**



**DG 9800
Bronwyn
Stephens**



**AG Eastside
Barry
Hickman**



**President
RCNB
Nino Sofra**

Meeting Report

Our Speaker, Kathy Kaplan OAM, told us about her work in the area of domestic violence. Also her organisation Impact, which was founded in 2006, and provides "Bags of Love" to women and families feeling extreme domestic violence.

Kathy was presented with a cheque by Bev Sofra which was the proceeds from the Ladies Christmas Fare sales.



We had a report from our RYLA Camp (December 2018) attendees, Iris Lin and Kwee Meng Tan.

Both found that had RYLA was a fantastic learning experience and believe they have made many new friends.



[RCNB Fellowship November 15–17 Weekend on the Bellarine, Pt. Lonsdale.](#)

The Guest House has all of their 22 rooms reserved for our weekend.

Please call Peter/Sue this month for a chat and make a booking.

That would greatly assist the planning of our weekend together.

Many thanks Greg & Jenny Cribbes Mob 0413 270403

Club Diary

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

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 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**

RCNB GOLF DAY 22 February 2019 - UPDATE

- There are a few player spots still available – please register asap.
- Sponsorship funding is trickling in....only 3 weeks to go!
- Golf Prizes – Could Rotarians bring bottles of wine any Thursday?
- Please contact Greg Matthews or Greg Cribbes

Thanks Greg Cribbes

**Ambulance Victoria Leaders Mentoring Program**

Our Club would like to participate in Ambulance Victoria Leaders Mentoring Program.

This program is based on the successful Victorian Police Leader Mentoring Program model but the pilot Ambulance program is different. Ambulance members obviously have a more specialized role, and their interaction with communities reflects that. AV is keen to build stronger community linkages and to develop a more innovative culture, and that's where our mentoring will add value.

Who can be a mentor?

The program requires a member to be an established Club member of good standing, with very current or very recent senior management experience.

Mentees and mentors selection

Ambulance Victoria run a formal internal selection process for mentees which is quite competitive and finishes with an interview in which District is involved.

The 2019/20 program will have 15 mentees of which 6 or 7 are likely to be in Metro Melbourne, the balance in rural Victoria. The mentees will be accepted in early 2019 and then District will seek application from appropriate Clubs for nomination.

Given the mentor selection and matching process there is no guarantee any club will be involved every year.

Our Club probably will be contacted in February.

If you would be interested to be part of this program please contact me.

Kinga Paulheim

Our catering work at the Grand Prix is a key fundraiser and great opportunity for some fellowship with others in our Club.

This year's Grand Prix runs from Tuesday 12/3/19 to Sunday 17/3/19, and we will need a large group of people who will be able to share the shifts and support tasks over this period. Club members, partners, friends and family.

Keep these dates clear, as we will soon be asking for names and getting people registered for the Grand Prix work.

Any questions at this stage, contact Jim Studebaker at jimstude@bigpond.net.au or mobile 0413 304 864

Many thanks

Jim Studebaker

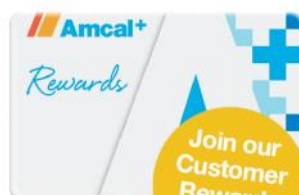
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MEETING ROSTERS

Thursday 31 January Greeters: John McBride, Rowan McClean Set Up: Sue McDonald, John Magor Desk: Maurie Walters, Philip Wade	Speaker:- Dr Peter Brukner Host:- Geoff Steinicke Topic:- Sugar by Halves	
<p>As co-Founder of Sugar by Halves, Dr Peter Brukner is determined to halt the alarming deterioration of this country's health.</p> <p>Two-thirds of adults and 50% of children are obese, 2 million of us suffer from Diabetes and over 50% of children suffer tooth decay.</p> <p>All reversible, Dr Peter is delivering the program to reduce our sugar intake by half – otherwise, the current generation will be the first generation in history to die before their parents.</p>		
Thursday 7 February BBQ style meal Greeters: Bob Bott, Joe Butler Set Up: Ian Adams, Findley Cornell Desk: Eileen Toohill, Garth Symington	Speaker:- Professor Justin Mariani Cardiologist Host:- Bob Bott Topic:- Heart Failure	
<p>A/Prof Justin Mariani was trained as a specialist cardiologist in Melbourne at The Alfred, and then completed a PhD at Monash University and the Baker Institute. This was followed with a Pacing Fellowship at The Alfred, and then an Post-Doctoral Interventional Heart Failure Fellowship in Toronto, Canada.</p>		
Thursday 14 February Greeters: Russell Cooper, Peter Cleary Set Up: Duncan Ansell, Greg Cribbes Desk: George Swanston, Peter Sutherland	Speaker:- Graeme Alford Host:- Ian Mollison Topic:- Senior Executives Under Stress	

<u>Meeting No.28</u>	Thursday, 24th January 2019
<u>Present:</u>	
Guest Speaker	1 Kathy Kaplan - Founder of Impact - for Women.
NB Members	42
Partners	9 Alison Adams, Kris Walters, Heather Matthews with grand-daughters Grace & Georgie Morrison, Maree Williams, Judy Steinicke, Bev Sofra.
Guests	4 from RYLA - Iris Lin & Kwee Meng Tan. Introduced by Jane Pennington FoR Lindsay Pegg & Chew Leng Ong
	Members Present 42 = 58.3% ; Membership = 72
	Apologies - LOA = 2, On-time = 28.
<u>External Activities</u>	9 2nd Bite delivery to CamCare - 24th Jan. Jim Studebaker
(Board Approved)	Camberwell Sunday Market - 20th Jan. Ian Richardson & Tony Wells.
Catering, Bunnings BoxHill.	- 20th Jan. Phil Francis, B.Oakley, Kinga Paulheim, Nino Sofra, J.Studebaker, D.Taylor.
Gardening Project	restarts in 2 weeks. School Reading program restarts in 3 weeks.
Apologies for next week's rosters:-	Adams, Angleton, Cheney, Cleary, Cornell, Keyhoe, Lacy, Leigh, McBride, McDonald, Marshall, Rennie, Richardson, Sharp, Wilkins.

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 at jane.pennington@bigpond.com

2 February	Summer Music Festival	5.30pm to 9.30pm	
Saturday		1 Bill Oakley	4
		2 Emily Rowling	5
		3	6
	Efpos Machine Manager		
9 February	Summer Music Festival	5.30pm to 9.30pm	
Saturday		1 Pirozek Family 1	4 Bill Oakley
		2 Pirozek Family 2	5
		3 Emily Rowling	6
	Efpos Machine Manager		
15 February	Bunnings	8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	Greg Cribbes	
	Box Hill	2	
		3	
	Efpos Machine Manager		
16 February	Summer Music Festival	5.30pm to 9.30pm	
Saturday		1 Bill Oakley	4
		3 Emily Rowling	5
		3	6
	Efpos Machine Manager		
23 February	Summer Music Festival	5.30pm to 9.30pm	
Saturday		1 Bill Oakley	4
		3 Emily Rowling	5
		3	6
	Efpos Machine Manager		
2 March	Summer Music Festival	5.30pm to 9.30pm	
Saturday		1 Pirozek Family 1	4 Bill Oakley
		2 Pirozek Family 2	5
		3 Emily Rowling	6
	Efpos Machine Manager		
16 March	Summer Music Festival	5.30pm to 9.30pm	
Saturday		1 Pirozek Family 1	4
		2 Pirozek Family 2	5
		3	6
	Efpos Machine Manager		

CAMBERWELL SUNDAY MARKET UPDATE

Hi Everyone,

The Camberwell Sunday Market is a successful 'ALL OF CLUB' activity designed to raise in excess of \$13,000 over one year. To the end of the December quarter we have filled all spots and expect to receive about \$3,000 for our efforts. To date, 36 members have either participated or indicated they will be participating in the market from our start in October to the end of March. Some members have already participated twice. I thank all volunteers. We need those who have not participated to support this 'ALL OF CLUB' activity. Our members who have participated say it is an enjoyable experience to meet Rotarians from other clubs whilst collecting donations from the public. All you have to do is welcome the public with a big smile and collect their donation in your collector's bucket.

Just add your name to the Roster, and if needs be, as most of us can't accurately forecast the future, we can amend as necessary.

Cheers,

Geoff gwsteinicke@bigpond.com Mob 0418 175 130 (leave a text)



CAMBERWELL SUNDAY MARKET ROSTER – No 19

Sunday	6.45am – 10.00am	9.45am – 1.00pm
3 February	Don Taylor	Estelle Kelly
10 February	Greg Cribbes	Greg Matthews
17 February *	David de Garis	Imre Lele
24 February	Phil Francis	Joe Butler
3 March	Geoff Haddy	Anthony Stokes
10 March	Garth Symington	Adam Hillary
17 March +	Jim Romanis	Marcel Muntwyler
24 March	Bill Oakley	
31 March	Rob Head	Janie Pirret
7 April	Nino Sofra	Adam Hillary
14 April	Greg Cribbes	Ian Richardson
21 April Easter Sunday		Tak Yukawa
28 April	Kinga Paulheim	
5 May		
12 May		
19 May		
26 May		
2 June		
9 June		
16 June		
23 June		
30 June		

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



The freshly-washed gloves are on the line and waiting for you to lend a hand!



Rotary Gardens Project

WE ARE IN THE STARTING BLOCKS for this year's Gardens Project – our most visible and enduring local service project. Its dual role of assisting needy residents of Boroondara whilst helping students serve the community, ticks all the boxes.

But we would like more of our members to be involved, particularly as the RCNB Supervisor responsible to ensure tools are taken to/from the property.

We understand there are members who **CANNOT** participate, but there are many more who **COULD**. A Friend of Rotary has nominated for 12 sessions in the first half year – what a great example.

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 8 Feb	XC	3.45 – 5pm	R McClean	G Symington, I Glenny
Fri 15 Feb	XC	3.45 – 5pm	R McClean	I Glenny
Sat 16 Feb	MLC	10-noon	G Haddy	S Greatorex
Fri 22 Feb	XC	3.45 – 5pm	G Haddy	
Sat 23 Feb	MLC	10-noon		M Muntwyler, J Pirret
Fri 1 March	CGS, XC	3-5pm	G Cribbes	I Glenny
Sat 2 March	MLC	10-noon		
Fri 8 March	CGS, XC	3-5pm		I Glenny
Sat 9 March	MLC	10-noon		
Fri 15 March	CGS, XC	3-5pm	G Haddy	J Pirret
Sat 16 March	MLC	10-noon		
Fri 22 March	CGS, XC	3-5pm		I Glenny, J Pirret
Sat 23 March	MLC	10-noon	G Haddy	
Fri 29 March	CGS, XC	3-5pm	G Cribbes	I Glenny
SCHOOL HOLS				
Sat 20 April	MLC	10-noon	D deGaris	
Fri 26 April	CGS, XC	3-5pm		I Glenny
Sat 27 April	MLC	10-noon	S Hardikar	
Fri 3 May	CGS, XC	3-5pm	G Haddy	I Glenny
Sat 4 May	MLC	10-noon		S Greatorex
Fri 10 May	CGS, XC	3-5pm		I Glenny
Sat 11 May	MLC	10-noon		
Fri 17 May	CGS, XC	3-5pm	G Cribbes	
Sat 18 May	MLC	10-noon		
Fri 24 May	CGS, XC	3-5pm		I Glenny
Sat 25 May	MLC	10-noon		
Fri 31 May	CGS	3-5pm		I Glenny
Fri 14 June	XC	3.45 – 5pm	G Cribbes	I Glenny
Sat 15 June	MLC	10-noon		
SCHOOL HOLS				

Please complete as circulated at meetings or advise availability to [Geoff Haddy](#) (until such time as Brian Lacy fully assumes the Coordinator's role).

Geoff's Health Tip

Tennis might just be the best thing you can do to extend your life.

A 2016 study published in the British Journal of Sports Medicine surveyed the exercise levels of 43,705 women and 36,601 men from 1994 to 2008. These volunteers, whose average age at start was 52, told interviewers how often they exercised, what type of exercise they did and how intense their workouts were.

In the UK, swimming was the most popular exercise, claimed by 13% of volunteers, cycling was second with 10% of volunteers, aerobic type exercises 6%, golfers 5%, runners and joggers 5%, racquet sports 4%, and 55% did not meet the minimum exercise levels.

- * It was found that those who exercised were less likely to die from cardiovascular disease (CVD) than those who did not exercise, and those who participated in racquet sports had the best chance of living longer.

This study was supported by a 2018 study from Denmark, that showed playing tennis may extend your life by nearly 10 years. That's a remarkably big benefit, one that even the study authors were surprised about.



Compared to a sedentary lifestyle, playing tennis extends one's life expectancy by 9.7 years. The other sports all provided benefits too, though tennis was the clear winner. Here's a summary from these studies:

- * Tennis: 9.7 years gain in life expectancy
- * Badminton: 6.2 years
- * Golf and Soccer: 4.7 years
- * Cycling: 3.7 years
- * Swimming: 3.4 years
- * Jogging: 3.2 years
- * Calisthenics: 3.1 years
- * Health club activities: 1.5 years

Conclusion: Various sports are associated with markedly different improvements in life expectancy. Interestingly, the leisure-time sports that inherently involve more social interaction were associated with the greatest longevity -a finding that warrants further investigation.

Geoff



THE IMPACT OF VIDEO GAMES

How long should I let my child play?
How do I know which games are good for my child?
How do I keep my child safe from harm?

This **FREE** session will provide parents with practical strategies and relevant advice that can be used to keep video games fun, safe and healthy for their children.

Key topics will include:

- why video games are so captivating
- opportunities and benefits associated with gaming
- cyber-safety tips
- how video games fit in today's youth culture
- differences between problematic and normal gaming behavior
- whether playing violent video games leads to increased aggression in real life
- local support available to parents if needed.

This empowering session will be presented by
Steven Dupon, Director of the Institute of Games
 and **founder of videogames.org.au.**

**FREE
EVENT**

If you would like to attend this event and have specific access, communication or dietary requirements, please contact
Clara Yip on **9278 4439** by **Thursday 7 February 2019.**

Who

Parents of children aged
 between 8-12 years old

When

Tuesday 12 February 2019

Time

7pm to 8.30pm

Where

Camberwell Civic Precinct
 Boroondara Room
 8 Inglesby Road, Camberwell

Bookings essential

www.boroondara.vic.gov.au/videogames

Rotary Club of North Balwyn Fellowship Weekend.

15-17 November 2019 on the Bellarine.



Jenny and I cordially invite all fellow Rotarians and Partners to join us at a special place, Point Lonsdale and Queenscliff, an easy 1hr 45-minute drive off-peak from Melbourne.

This Fellowship weekend is planned to be an interesting, relaxing, enjoyable and wonderful time to enjoy the amazing sights whilst partaking in the very homely hospitality of the area!!

Quite suitable “seafaring” accommodation at the Point Lonsdale Guest House has already been reserved under RCNB as guests – more details in the New Year but please *put the above dates in your 2019 diary now*. To assist you, the broad plan is to:

- arrive for drinks/Dinner before/at 6.30pm on Friday 15th Nov,
- sightseeing activities, golf, bikes etc. followed by Dinner on Sat 16th,
- more wanderings, golf etc. then Lunch at a winery on Sun 17th Nov.

Like this year, many may choose to stay for a ‘quietish’ Sunday night. Some may even consider returning to Melbourne via the Sorrento ferry as an alternative to the Geelong road. Makes it a round trip.

Watch this space for more details – hope you all can make it.

Cheers for now,

Greg & Jenny Cribbes

President Nominee 2020/21

Mob 0413 270403

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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Bendigo Bank

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Bendigo Bank is a strong supporter of Nth Balwyn Rotary through its help with our Community Projects and Fund Raising.

*Bakers
Delight*