



Meeting Report

We had Alex Birnberg and Stephnie McClosky from the WhiteLion Organisation spoke to us on two of their youth focussed programs.

Alex spoke on the Stride program which has been helping improve the physical, mental and social wellbeing of young people for over 25 years.

Stride wellbeing programs provide young people with essential life skills for now and into the future through workshops focused on relationship and community, resilience, career transitions and school engagement.

This equips young people to deal with life challenges and lead to individual self-efficacy, positive community involvement and collective community impact.

The Y4Y program presentation was given by Stephanie. The program was developed as an innovative way of combating youth unemployment by utilising new technologies including task platforms and online credentials. The program is free to participants and builds employability and confidence through training, tasks and mini experiences of work.

Participants are long term unemployed youth, many of whom have had been raised in adverse environments, have a police record and in some cases, had been in jail. The objective of the program is for participants to become employed and having their own accommodation.

How Y4Y Youth Force Works

1. Recruitment and Engagement
2. Y4Y Task Academy Training
3. Y4Y Apprenticeship Placement
4. Y4Y Task Force Independent Search and Hub

The success rate is 80% which is an amazing outcome.

The program is funded by the Government.

Part of the program involves mentoring and is looking for people to act as mentors.

Host Estelle Kelly thanked Alex and Stephanie for their presentations.



Our Leadership



RI President
Barry Rassin



DG 9800
Bronwyn
Stephens



AG Eastside
Barry
Hickman



President
RCNB
Nino Sofra

Club Diary

December 2018 Fence repairs in Cobden.
December 7 Ladies Christmas Fare
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/>

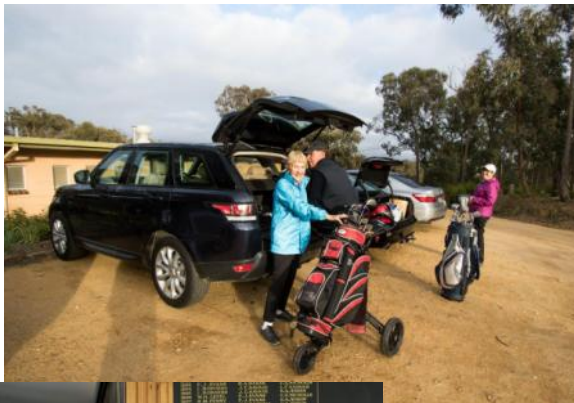
APOLOGIES FOR CLUB MEETINGS

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

DAYLESFORD FELLOWSHIP WEEKEND

MEETING ROSTERS

<p>Thursday 1 November Partners Night</p> <p>Greeters: David Cheney, Neil Marshall</p> <p>Set Up: Ian Adams, Steven Greateorex</p> <p>Desk: Estelle Kelly, Imre Lele</p>	<p>Melbourne Cup Night</p> <p>Speaker – Greg Hall</p> <p>Host – Bob Bott</p> <p>Highly decorated, retired jockey Greg Hall will share his insights in readiness for the horses to hit the Flemington track on Tuesday Cup Day. Having held the gold Melbourne Cup aloft in 1992 with his stirring win on Sub Zero,</p> 
<p>Thursday 8 November</p> <p>Greeters: Larry Fitzpatrick, John Gartlan</p> <p>Set Up: Greg Cribbes, Marcel Muntwyler</p> <p>Desk: Jeanette Leigh, Greg Ross</p>	<p>Annual General Meeting</p> <p>Speaker – Peter Sutherland – President Elect</p> <p>Time to hear all about the amazing and inspiring life of one of our most popular members – President Elect, Pete Sutherland.</p>
<p>Thursday 15 November</p> <p>Greeters: Rob Head, Brian Hurnard</p> <p>Set Up: Joe Butler, Jane Pennington</p> <p>Desk: Terry Keyhoe, Sam Hardikar</p>	<p>Speaker - Vijay Susarfa</p> <p>Host - Findley Cornrell</p>
<p>Thursday 22 November</p> <p>Greeters: Terry Keyhoe, John Koa</p> <p>Set Up: Adrian Ranson, Rowan McClean</p> <p>Desk: Steven Greateorex, Geoff Haddy</p>	<p>Speaker - Paul & Rania Scarlett</p> <p>Host - Geoff Kneale</p>
<p>Thursday 29 November</p> <p>Greeters: Brian Lacy, Imre Lele</p> <p>Set Up: Bronwen Dimond, Ian Richardson</p> <p>Desk: Peter Elliott, John McBride</p>	<p>Speakers - Bev Sofra and Brian Thomas</p> <p>Topic - Solomon's Report</p>

NOTICE TO MEMBERS

In preparation for the AGM members are encouraged to logon to the members' section of the Club website to review the Club's 2017-18 Financial Statements.

The Financial Statements actually encapsulate a history of our activities for the year so are worthy of more than a cursory glance.

Birthdays and Anniversaries between October 29 to November 3

Weddings:

Birthdays: Ann Downton, Anthony Stokes, Greg Matthews,

Induction Anniversaries: John Gartlan, Greg Ross

Interact Balwyn High School
IT training for Senior's
(and those without Seniors Card)

Following our earlier successful IT training session conducted by our Interactors at Balwyn High School, there has been another session proposed for November 8th.

This is only two weeks away so please let Estelle know if you can come.

The last session was well attended and our Members enjoyed the 1 on 1 tuition.

Bring your own device; laptop or Mobile Phone and bring a question you have about a tricky topic that has been bugging you.

Working with Children Checks are Essential and a copy must be provided prior to the date and registered with Balwyn High School Admin.

Date: Thursday 8th November

Duration: 1 hour

Time: 3.30 pm

Location: Balwyn High School (Meet at Reception)

<http://www.rotaryconference.org.au/registration.html>

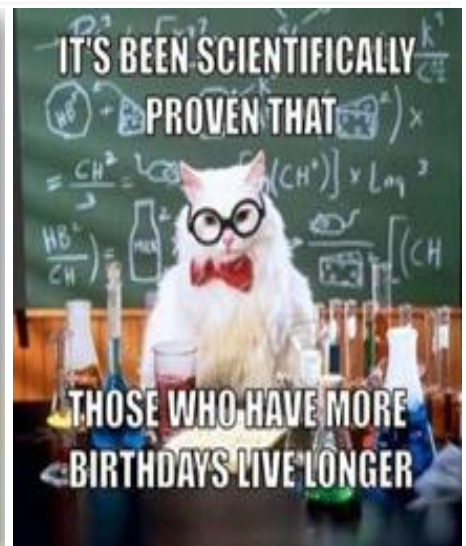
MULTI DISTRICT CONFERENCE

Register before October 31st

ONLY 2 DAYS

FOR THE CHANCE TO WIN

Registration for 2 including the Gala Dinner
plus 2 nights accommodation (up to \$500)



SUPPORT OUR LADIES TEAM

On behalf of President Nino many thanks to those members who indicated their monetary support of our team of ladies who will Prance Around the Park for End Polio Now.

Donations may be made to the Club Service Account BSB 633-000 Account 146140785

Add your name and the word "Prance" as the reference.

Many Thanks

Findley

End Polio ... Prance in the Park

Save the Date! 17th November if your Club is looking for an event to get involved in around World Polio Day on 24th October, here it is!

District 9800 End Polio Now Ambassador Susie Cole and Club presidents Amritpal Singh (Southbank) & Kitty O'Connor (Laverton/Point Cook) are organising a major fundraiser for End Polio Now and they need 20 Rotary Clubs to send 5 walkers/prancers to participate in the inaugural **End Polio Prance in the Park**, featuring punks, princes & princesses! at Albert Park Lake on Saturday 17th November.

This year only 100 walkers can participate as more than that will require Parks Victoria permits, more complicated infrastructure & time to plan, but if this year is a success it will grow to a major event in 2019 & beyond.

Every Club's Team representatives are being asked to raise at least \$1,000 in sponsorship, wear a **District 9800 End Polio Now T-shirt** (made famous at the Rotary International Convention in Toronto recently!) & dress as a punk, prince or princess at this fun event!

All teams' sponsorships will be attributed to their respective clubs as part of their annual contribution to Foundation and End Polio Now and if the event raises the hoped for \$100,000, with the Bill & Melinda Gates Foundation contribution of 2:1 it will be \$300,000 towards the final push to end polio in the world!

The registration/sponsorship website is coming soon, so meanwhile, who's in?

Susie will be there in her gold shorts helping to run the day, we need 17 more clubs to register & join the Prahran Prancers, Southbank Strutters & Laverton/Point Cook Lopers (working titles – may change) with 5 more prancers apiece!

Let Susie (scole16@hotmail.com) or Kitty (catherine@champagnethursday.org) know if you're up for prancing (or even just walking sedately)?

If not prancing, for an extra charge you can be part of the "End Polio Push".... where you'll be pushed around the 5km course in a DIK loaner wheelchair!

Save the date & NOMINATE!!

Susie Cole
District 9800 End Polio Ambassador
PP Rotary Club of Prahran
scole16@hotmail.com



Geoff's Health Tips

Medical Cannabis may be a Safe, Plant-based Option for Easing Pain

Sufferers of chronic pain have been faced with a perilous decision—risk a crippling addiction to opioids or find a way to live with the pain. A new clinical study published in the *European Journal of Internal Medicine* has focused on medical cannabis as an alternative to opioids, and the results may be a turning point towards a safe, plant-based option for easing pain.



Researchers at the Cannabis Clinical Research Institute at Soroka University Medical Center, and Ben-Gurion University of the Negev (BGU), found that medical cannabis can significantly reduce chronic pain without adverse effects, particularly among adults aged 65 and older. Use of cannabis (medical marijuana), was found to be both safe and effective for elderly patients experiencing pain because of another medical condition, such as cancer, multiple sclerosis, Parkinson's disease, Crohn's disease, ulcerative colitis, and post-traumatic stress disorder.

During the study period, 2736 patients above 65 years of age began cannabis treatment and answered the initial questionnaire. The mean age was 75 years. The most common indications for cannabis treatment were pain (66.6%) and cancer (60.8%).

The researchers found significant improvement in pain management.

- At six months of cannabis treatment, 93.7% reported improvement in their condition and also reported their pain level was reduced from a median of 8 on a scale of 0–10, to a median of 4.
- At six months of treatment, the number of reported falls was significantly reduced.
- Medical cannabis decreased the use of prescription medicines, including opioids.

In conclusion, the researchers found that the therapeutic use of cannabis is safe and efficacious in the elderly population. Cannabis use may decrease the use of other prescription medicines, including opioids.

Gathering more evidence-based data, including data from double-blind randomized-controlled trials in the elderly population, is imperative.

Geoff

Meeting No.18**Thursday, 25th October 2018****Present:**

Guest Speaker	2	Alex Birnberg & Stephnie McClosky - WhiteLion
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NB Members	46
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Partners	1	Bev Sofra
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Guests	2	Nick & James Sofra
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Members Present 46 = 62.2% ; LOA = 6, On-Time Apol = 20, late = 2.		
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External Activities	19	2nd Bite delivery to CamCare - Jim Studebaker.
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(Board Approved)	Gardening Project 19 & 20 Oct.- Geoff Haddy (2) & Sam Hardikar.	
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Reading Program at St Ann's - John Gartlan, Estelle Kelly & Phil Wade. Fairshare - Larry Fitzpatrick.		
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Men's Shed 23rd & 25th Oct. - David Cheney, Peter Elliott, Tony Hart, & Greg Matthews.		
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Camberwell Sunday Market 21st Oct.- Tak Yukawa & Tony Hart		
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Make-Up at RC Szolnok (Hungary) - Kinga Paulheim.		
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Known Absence for Next Week's Rosters :-

Tony Hart, Rob Head, Tony Ho, Brian Hurnard, John Koa, Rowan McClean,		
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Jim Romanis, Don Taylor, Brian Thomas, Garth Symington.		
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Christmas Raffle

Please let Maurie Walters know which shifts you can help sell Raffle Tickets.
Mobile 0438 005 820 email maurie.walters@fletchers.net.au

ROTARY CLUB NORTH BALWYN - CHRISTMAS RAFFLE 2018

Date:- Wednesday, 31st October, 2018 Aldi, Greythorn, Halloween with BBQ		
SHIFT	NAME	NAME
2.00pm - 5.00pm	EILEEN TOO HILL	
	IAN RICHARDSON	JOHN MCBRIDE
5.00pm - 8.00pm	TED WILKINS	IMRE LELE

3 people
needed

Date:- Friday, 2nd November, 2018 First Choice, Balwyn		
SHIFT	NAME	NAME
10.00am - 12.30pm	BRIAN THOMAS	GREG CRIBBES
12.30pm - 3.00pm	BARRY CUMMINGS	
3.00pm - 5.30pm	FINDLEY CORNELL	TONY JO WELLS

1
more
please

Date:- Friday, 2nd November, 2018 Woolworths, Balwyn		
SHIFT	NAME	NAME
10.00am - 12.30pm	TAK YUKAWA	BOB BOTT
12.30pm - 3.00pm	NEIL MARSHALL	COLIN SHARP
3.00pm - 5.30pm	JOHN GARTLAN	

1
more
please

Date:- Saturday, 3rd November, 2018 Maserati Club, Sandown, with BBQ		
SHIFT	NAME	NAME
8.00am - 10.30am	GEOFF STEINICKE	RUSSELL COOPER
10.30am - 1.00pm	JIM ROMANIS	MARCEL MUNTWYLER

Date:- Saturday, 3rd November, 2018 Woolworths, KEW		
SHIFT	NAME	NAME
10.00am - 12.30pm	SAM HARDIKAR	KINGA PAULHEIM
12.30pm - 3.00pm	JANIE PIRRET	
3.00pm - 5.30pm	MAJID BEHZADNIA	COLIN SHARP

Fellowship Event

(Like you have never seen before).



Join the crowd and be prepared for a night of action and excitement!

Larry's son Gary has arranged a special tour of The Pits at 4.30pm to explain the ins and outs of these flying machines.

Date: Saturday 10th of November Avalon Speedway (Travel Time approx. 1 hour)

Time: Leave Melbourne (Car Pooling) about 3.00 pm

Event: Sprintcars – Combined Waste – Jackpot Invitational, Wingless

Finish Time: Usually about 10.30pm depending on event stoppages due to prangs.

What to wear: Your oldest jeans and shoes and warm clothing.

What to bring: A comfortable fold up camp chair and a bag with an extra coat in case it's cold.

Food: Buy on track, or bring your own. NO ALCOHOL IS PERMITTED AND BAGS ARE SEARCHED AT THE ENTRY GATE

Cost: \$30 entry, Pay at the gate.

Let Larry Know If You Can Attend

CAMBERWELL SUNDAY MARKET

ROSTER No 5



CAN YOU
HELP?

Sunday	6.45am – 10.00am	9.45am – 1.00pm
4 November	Tony Wells	Adam Hillary
11 November	Neil Marshall	John Rennie
18 November		Larry Fitzpatrick
25 November	Sam Hardikar	Jim Studebaker
2 December	Garth Symington	Greg Cribbes
9 December	Sue McDonald	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 Greatorex	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		

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

SOLOMON ISLANDS

DON BOSCO PROVIDES A SECOND CHANCE IN THE SOLOMON ISLANDS

The Don Bosco Training Centre in Tetere provides an alternative path to school dropouts from around the surrounding nine provinces. Seven indigenous teachers offer a professional approach to education in literacy and numeracy. They also conduct special catch-up lessons to those who fall behind.

The Training Centre also offers classes in agricultural and farming for a range of crops (rice, root, vegetable) and livestock (pigs, cows, chickens, fish), basic carpentry skills are also offered. Rotary generously supplied the centre with 90 chickens and training in poultry care, the eggs are now a sustainable source of protein for the students. The 4-hectare rice plantation has remained a constant source of income for the school producing 8 tonnes of rice annually.

Teachers offer youth groups with variable outlets for their energies and creative flair through a wide range of activities, such as sports, music, liturgy, cooking and arts. This serves to further educate

the children, equip them with life and social skills so they may become self-reliant, contributing members of society.

Graduates of the school have found success with companies throughout the Solomon Islands. On the job training placements and full-time employment have played a vital role in this, with all participants receiving glowing feedback from their managers.

The Don Bosco Training Centre and Ministry of Agriculture are looking to establish a partnership with a nearby cocoa and tree plantations for student placements, as well as with the Solomon Islands National University to increase the levels of training that the students and teachers receive.



The Don Bosco Technical Institute in Henderson

offers a wide range of training programs, in the fields of automotive, electrical, carpentry, machine fitting, IT, welding, hospitality and tourism. In 2018, a new course in business and office administration was introduced. Enrolments are up to 400 students, with 24 staff members. The Institute also places an emphasis on establishing the correct attitudes and work habits within their students. A wide range of scholarships are offered to the poorest students, equipping them with books, stationary and in some cases clothing and food.

Recently an industrial-strength photocopy machine for the office was provided which allows for the mass publishing of communication and educative materials. Now, the institute is looking to commence production on new classrooms, to help facilitate the demand of such a successful learning environment.

An emphasis on environmentally friendly initiatives, most notably the installation of solar panels to help cut electricity usage and costs, as well as providing training for the correct management of waste at the Ranadi Landfill Site has been implemented.



Box Hill Rotary Whitehorse



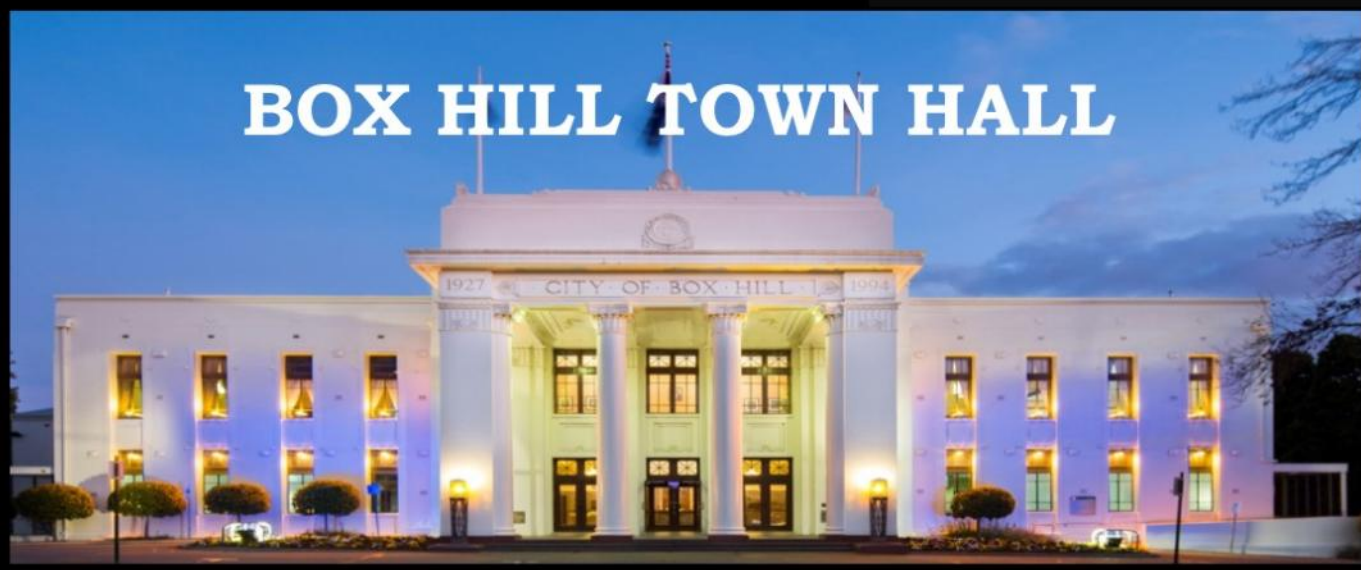
Art Show 2018

Fri 2 - Tue 6
Nov. 2018
5 days

10am - 6pm
(Tue close 4pm)

Beneficiaries: Whitehorse
Community Chest & Blue
Ribbon Foundation project for
Box Hill Hospital

BOX HILL TOWN HALL



GALA OPENING NIGHT DINNER

Thur 1st Nov.

6pm - preview all art

7pm - 3 course dinner

\$75 inc. refreshments.

Show will be opened
by celebrity singer

**MIKE
BRADY**

\$10,000 awards presented to show winners.

Quality Art auction, door prizes, music,
silent auctions, novelty prizes & much more

Details: whitehorseartshow.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.

