



MEETING REPORT

Our meeting was a trip down memory lane as we heard tall tales and true of the Club's involvement at the Sydney 2000 Olympic Games.



Our Leadership



RI President
Barry Rassin



DG 9800
Bronwyn
Stephens



AG Eastside
Barry
Hickman



President
RCNB
Nino Sofra

Club Diary

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



TARGET 500 BOOKS FOR ST ARNAUD

A big thank you for everyone who has already supplied books for the Club's Drought Relief Program at St Arnaud.

We already have close to half the number of books required to meet our initial target.

Please continue to keep an eye out for suitable books, particularly for young adults and children.

We appreciate your support. We expect the books we provide will be of benefit to hard hit families affected by the drought at St Arnaud and the surrounding district.

Jo Wells

Hot Cross Bun Fund-Raiser

Buy your Hot Cross Buns from John Koa's *Bakers Delight* in North Balwyn Village and he will donate \$1.50 to the Club for each 6-Pack sold !



He has *Traditional*, *Apple & Cinnamon* and new *Cadbury's Dairy Milk Chocolate Chip Buns* and each cost \$7.50 per 6-Pack.



When you buy your buns just tell the *Bakers Delight* staff that you are from the North Balwyn Rotary Club.

Happy Easter.

MEETING ROSTERS

Thursday 7 March**Greeters:** Estelle Kelly, John Magor**Set Up:** Imre Lele, John McBride**Desk:** Findley Cornell, Geoff Steinicke**Speaker:-** Grant Stewart**Host:-** Ian Mollison**Topic:-** An innovative, ground-breaking approach to managing Dementia.

After experiencing his father go through dementia from the early age of 65 until his passing a couple of years ago at the age of 80 both Grant and his wife became committed to exploring different ways to provide those suffering from dementia a better quality of life.

After much research and working in various aged care facilities as volunteers, they felt that introducing sensory rooms that combine gentle light, movement, music and tactile objects designed to either calm or stimulate residents was the direction they needed to head.

It was also as a result of their experiences that formed "It's the little things".

A self funded service that's not only about providing monetary support but it also about giving time, energy or empathy to others in need.

Thursday 14 March**Greeters:** Ian Mollison, Marcel Muntwyler**Set Up:** Rowan McClean, Larry Fitzpatrick**Desk:** Greg Cribbes, Russell Cooper**Speaker:-** Sally Scanlan**Host:-** Brian Thomas**Topic:-** Community Bags. Sally is an integral part of our Drought Relief program




Myeloma Australia in conjunction with the Rotary Club of Camberwell



THE Business of Winning LUNCHEON

"Winning isn't everything. It's the only thing."

Friday 15th March, 12noon
in the MCG Members' Dining Room

Join us as we take a light-hearted look at "the business of winning" and we learn how it is done from our expert panel. The "Winners Lunch" is 20 years young and enjoys the generous support of Australia's sporting family as we continue to pursue our vision for "a world without myeloma".

- Five-star environment with food and wines to match
- High quality inspirational entertainment
- Promotion of all corporate tables on the giant screens
- Corporate tables are acknowledged from the stage

- Valuable door prizes
- Major live auction from the stage
- Silent auction – sports memorabilia – and much more

Table of 10 \$1,580
Single bookings \$158

as this is a fundraising event GST is not applicable

Since 1999 sporting champions – a "Who's Who" of Australian sport – have entertained our luncheon guests with their passion for winning. 2019 will continue that fine tradition as once again we raise funds to support the vital work of Myeloma Australia.



YOUR MC ANGELA PIPPOS
Leading all sports journalist



GREG CHAMPION
Singer, songwriter, comedian

Meet the 2019 Winners Panel



KATHY WATT OAM
Olympic Cycling Champion and award-winning photographer



RODNEY EADE
17 years at the highest levels of AFL



DALE WEIGHTMAN
Exemplary in a Big V jumper



DEBBIE LEE
Pioneer of women's football

trybooking.com
EVENTS MADE EASY

Book online at -<https://www.trybooking.com/ZFTL>

Dress code: casual business attire – collar required and no denim

Working towards a world without myeloma

Myeloma is a type of bone marrow cancer. There are approximately 10,000 individuals living with myeloma in Australia with an estimated 1,800 new diagnoses annually. There is no cure for myeloma.

Birthdays and Anniversaries between March 4 to March 10

Weddings: Phil & Carmel Francis, Greg & Heather Matthews, Ted & Ivy Angleton, Findley & Dianne Cornell

Birthdays: Bob Bott, Colin Sharp

Inductions: Adrian Ranson, Geoff Haddy

RCNB Transfer of food from 2nd Bite to Cam Care.

Food is picked up from **2nd Bite** between **8:45 - 9:15 am** every Thursday and delivered by **10:00 am** to **Camcare** for sorting by staff for their **11:00 am** distribution to the underprivileged.

Travel time is around 2 hours.

Date	Volunteer Driver	Team Members NOT available.
21st February	Garth Symington	
28th February	Jim Studebaker	
7th March	Hugo Goetze	
14th March	Geoff Haddy	Garth Symington
21st March	Greg Cribbes	
28th March	Rob Head	Geoff Haddy
4th April	Garth Symington	
11th April	Hugo Goetze	Geoff Haddy
18th April	Kris Walters	
25th April	Closed	Anzac day
2nd May		
9th May		
16th May	Greg Cribbes	
23rd May		
30th May		
6th June		
13th June		
20th June		
27th June	Greg Cribbes	



OneBall is a free community program designed for **young people aged between 8-18 years**.

The program provides opportunities for young people from CALD (culturally and linguistically diverse) backgrounds across Melbourne to play soccer in a social setting and encourages

them to:

- be fit and active, and to enhance both their physical and psychological health and wellbeing
- develop positive cross-cultural relationships with others, and
- feel more connected and empowered to make a positive contribution to their community.

OneBall is a not-for-profit program founded by Kamal Ibrahim, a former young Socceroo and current NPL player. The program is generously supported by the City of Port Philip and the Port Melbourne 'Sharks' Soccer Club.

Find out more here: www.facebook.com/oneballoneforall



Geoff's Health Tip

More Fibre for Colon Health

Gut is not a word or description of that part of our body that is pleasant, and the technical description of gut bacteria, 'microbiome', does not endear itself either. Either way, we have to know that the gut, which begins at the mouth and ends at the anus, is so important to our health that we have to feed it properly in order to remain healthy.

There is good evidence a healthy microbiome – our personal mix of gut bacteria – improves mood and energy output and adjusts our immunity levels to the point where we can change the way we manage a wide range of diseases. It all begins with the variety of food we eat every day. Food travels a tortuous path through the stomach where it is smashed up and dissolved in hydrochloric acid before travelling through the small intestine, where 90 percent of the digestion and absorption of food occurs. What remains passes into the large intestine, also called the colon, where most of the 50 trillion bacteria, some fungi and protozoa - collectively the microbiome- reside.

One of the big health mistakes we have made over the past few decades is that, in our ignorance, we have laid waste to our microbiome.

- * A healthy microbiome should be very diverse. The Western microbiome is not, and the implications are huge.
- * Many of us eat such a narrow range of foods that our gut bacteria are forced to exist on a restricted diet. That's why we should broaden our range of food to include fermented foods, such as sauerkraut, yoghurt and sourdough bread that are full of good bacteria.
- * The microbiome in the large intestine need a variety of foods to perform their miracle of producing vitamins and fatty acids.
- * One special food is a type of soluble fibre. It is called 'resistant fibre'. As the description might imply, resistant fibre passes through the stomach and small intestine intact, and is then fermented by the microbiome in the large intestine.
- * Short chain fatty acids are produced that keep the colon healthy and incidentally, improve mood and energy, and strengthen the immune system and is evidence of the gut-brain connection.

All vegetables contain fibre, but here is a list of those that have the highest percentage of resistant fibre per 100grams: Oats rolled and uncooked 11g, Cashew nuts 13g, Under-ripe bananas 38g, Ripe bananas 5g.

Some starch vegetables increase their resistant fibre content when cooked and then cooled and increase even more when heated again, such as Rice cooked and cooled 20g, Potato cooked and cooled 19g.



Geoff

**I SPEAK
MY MIND**
Because
**IT HURTS TO BITE MY
TONGUE ALL THE TIME**

The Fact That There's A
HIGHWAY TO HELL
And Only A
STAIRWAY TO HEAVEN
Says A Lot About Anticipated
Traffic Numbers.

SO WHEN IS THIS
"OLD ENOUGH TO
KNOW BETTER"
SUPPOSED TO KICK IN?

Newsletter from the Solomon's.....

It is really true that one never ends up knowing a people and their life.

I had always heard about the dump of Honiara and the people who live there but, a little out of fear, a bit because there was nobody to accompany us, we never had the opportunity to go there.

Well, the occasion came last Christmas.

Our Salesian confreres picked up the parish priest's invitation to the area where the dump is located and since last October they began to go on Sunday to celebrate the Holy Mass. They told us that immediately the people welcomed them with joy, because no one had ever come to them, neither to visit them nor to bring a word of comfort and encouragement. The Salesian fathers have discovered that the inhabitants of the dump are not particularly poor or miserable, they simply immigrated to Honiara from other islands and not having found a house or land where to build a house, they "landed" in the only available place, not contested, and not overpopulated.



They have traditional houses (made of palm leaves) and some also of wood, called "permanent" because they last longer than the traditional ones. Not all families live on the "products" of the dump, most of the men work in the city and the women make small gardens cut into the spaces between the wastes. They raise pigs with the food they find among the waste ... and they have very fat pigs!

The children are many, of all ages; very few go to school and spend their days playing and exploring in the waste, for fun.

They also love to dive into the waters of a stream that runs

through the area and obviously receives the sewage of the waste but, like all the children of the world, they do not make it a problem. To tell the truth, not even their mothers make a problem, because they wash clothes and crockery in the same stream! To drink and cook they use rainwater, recovered in various containers from the roof sheets. Despite everything, these children are beautiful and healthy; I have not seen traces of skin diseases or other sicknesses and they are simply happy.

When the Salesians began to go to the dump, they celebrated the Mass in an open space. But now people have built a beautiful



chapel with roofing iron and wooden plank floor.

Towards Christmas they were able to supply the church with benches, and they always used clean and well-made altar linen. For Christmas they also decorated the chapel and, to thank the fathers, they gave them a piglet.

When we went too, they welcomed us with cordiality and the children immediately surrounded us and brought us to their game places.

Newsletter from the Solomon's, continued...

The women told us their daily life: they said that when it is hot (practically every day), the smell of garbage is so bad that it hurts and clouds of flies settle everywhere, that they have to keep everything completely covered, especially the food, not to risk illnesses. When it rains it is worse, because the rain brings the sewage around their houses, forcing them to walk inside it.

Everyone thanked us for the visit, for the presence. What incredibly transpires is the joy, the serenity of a simple life, even if the place does not make it simple.

Now that we have begun to know this new reality, we can no longer ignore it. Let's see what we can invent, with the help of our past pupils of the school, who always ask us to help us in our adventures. We at Gizo will not be able to do much, but exchanging ideas helps find solutions.

About Gizo. At the beginning of February we started the new school year.

The number of new registrations has increased fabulously, especially that of girls.

One thing that always surprises me of our students, every day, since last year, is how they do the midday recreation.



When the bell rings, everyone goes down into the yard and catapults into the gym, because at noon the sun is too strong to play in the yard. Our gym is not big, but it hosts at the same time basketball, soccer, football tables, tennis tables and sometimes even two or three children from the kindergarten who, waiting for their mother, play on the slide. They all play interlocking, I mean that in the only field, which is basketball size, there are also those who play football and consider the two baskets posts as doors: if they hit them do

goal! Slides, soccer table and table tennis are at the sides of the field. I'm always amazed to see how they play without complaining if the soccer ball comes between the feet of basketball players or if it ends up on the football table or table tennis: they simply send it back to the players and nobody kills themselves, I mean that they do not collide, never, I do not know how, but they are always attentive to the others, even if they are still concentrated in the game. Even the small children know that they do not have to go over the slide and they do not go!

I think these two stories are telling us that it is possible to live serenely together, despite the adversities of places or structures. When inside us we find spaces to welcome, we also find ways to better enjoy what we have at our fingertips. Together then we can find new ways and resources for the joy and the goodness of all.

Come on, then, what great things are waiting for us!

See you next time.

Sr Anna Maria

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

11 March	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Monday	Middleborough Road	1	Bill Oakley	Estelle Kelly
	Box Hill	2	Ian Richardson	Don Taylor
		3	Reg Parsons	Ted Wilkins
		4		Bill Oakley
		5		
	Eftpos Machine Manager			
22 March	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1	Bill Oakley	Estelle Kelly
	Box Hill	2	Greg Cribbes	Don Taylor
		3		
		4		
		5		
	Eftpos Machine Manager			
31 March	Maserati Club		Food shift 7.30am to 12.30pm	Food shift 11.30 to 3.30pm
Sunday	Sandown	1	Sarah Hurst	Emily Rowling
		2	Pirozek Family	Emily Melinyk
		3	Pirozek Family	Dona Pirozek
		4	Jagarth Jayasinghe	Peter Pirozek
		5	Bill Oakley	Veronika Pirozek
			Coffee shift 9.00am to 1.00pm	Coffee shift 12.30pm to 4.00pm
		1		
		2		



CAMBERWELL SUNDAY MARKET ROSTER – No 27

Sunday	6.45am – 10.00am	9.45am – 1.00pm
10 March	Geoff Steinicke	Adam Hillary
17 March +	Jim Romanis	Marcel Muntwyler
24 March	Nino Sofra	John Magor
31 March	Rob Head	Janie Pirret
7 April	Garth Symington	Adam Hillary
14 April	Greg Cribbes	Ian Richardson
21 April Easter Sunday	Tak Yukawa	Janie Pirret
28 April	Kinga Paulheim	Estelle Kelly
5 May	Garth Symington	Eileen Toohill
12 May	Geoff Kneale	Larry Fitzpatrick
19 May	Don Taylor	Imre Lele
26 May	John Rennie	Russell Cooper
2 June		
9 June		
16 June		
23 June		Colin Sharp
30 June		

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

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

Grand Prix 17 March

Gardening Roster

There are still spots to fill, especially on Saturdays. Your help will be appreciated.

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 8 March	CGS, XC	3-5pm	R McClean	I Glenney
Fri 15 March	CGS, XC	3-5pm	R McClean	J Pirret, G Haddy
Sat 16 March	MLC	10-noon		E Kelly
Fri 22 March	CGS, XC	3-5pm	G Symington	I Glenney, J Pirret
Sat 23 March	MLC	10-noon	G Haddy	A Stokes
Fri 29 March	CGS, XC	3-5pm	G Cribbes	I Glenney, I Adams (at Eva T)
Sat 30 March	MLC	10-noon	R McClean	K Walters, B Ormerod (C'care)
SCHOOL HOLDS				
Fri 26 April	CGS, XC	3-5pm		I Glenney
Sat 27 April	MLC	10-noon	S Hardikar	+ B Ormerod (C'care)
Fri 3 May	CGS, XC	3-5pm	G Haddy	I Glenney
Fri 10 May	CGS, XC	3-5pm		I Glenney
Sat 11 May	MLC	10-noon		M Muntwyler
Fri 17 May	CGS, XC	3-5pm	G Cribbes	
Sat 18 May	MLC	10-noon		
Fri 24 May	CGS, XC	3-5pm		I Glenney, I Adams (at Eva T)
Sat 25 May	MLC	10-noon		
Fri 31 May	CGS	3-5pm		I Glenney
Fri 14 June	XC	3.45 – 5pm	G Cribbes	I Glenney
SCHOOL HOLDS				
Fri 19 July	CGS, XC	3-5pm		
Fri 26 July	CGS, XC	3-5pm		
Sat 27 Jul	MLC	10-noon		
Fri 2 Aug	CGS, XC	3-5pm		
Fri 9 Aug	CGS, XC	3-5pm		
Sat 10 Aug	MLC	10-noon		+ I Adams (at Eva T)
Fri 16 Aug	CGS, XC	3-5pm		

Please complete as circulated at meetings or advise availability to Geoff Haddy at

ghaddy@bigpond.net.au

(until such time as Brian Lacy fully assumes the Coordinator's role).



CONFERENCE 2020

At the recent conclusion of this year's Conference in Melbourne, the dates/location for NEXT year's Conference were announced:

27 & 28 March 2020



For those Early Birds wishing to join us, arrangements have already been made for the same great accommodation as a previous Conference:

Quest Schaller Hotel – ph. 4433 6100

Cnr. Bayner & Lucan Streets

BENDIGO – handy to the Conference Centre

Our Club has reserved 20 room for 27/28 March 2020 and for those staying on 29th March 10 of these rooms have this extra night.

All you need to do is decide number of nights, ring Quest Schaller (above), quote Rotary Club of North Balwyn and a discounted rate of \$155/night will be secured for you by giving a Credit Card number (payable on check-out in March 2020).

More details will be available in due course regarding the actual Conference and planned Social activities that weekend as well!!

Cheers for now

Greg & Jenny Cribbes

Mob 0413 270403

Book Today! www.RotaryIWDbreakfast.org.au

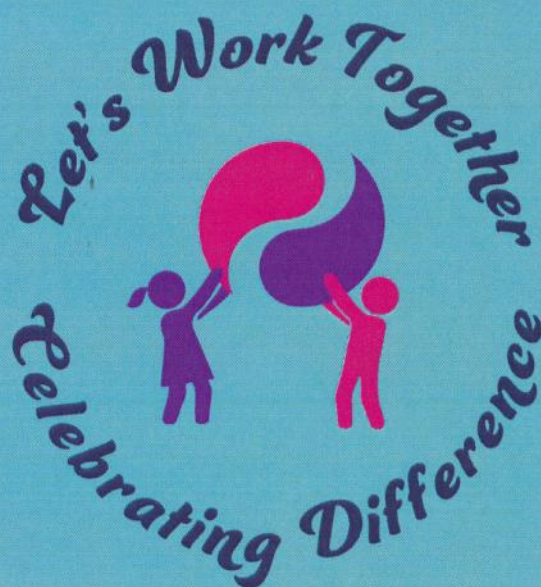
Women *in* Rotary 

INTERNATIONAL WOMEN'S DAY BREAKFAST

THURSDAY 7 MARCH 2019

PALLADIUM AT CROWN

Brought to you by the Rotary Club of Brighton North
& The Rotary Club of Melbourne



SAVE \$10 EARLY BIRD TICKETS ONLY \$70 EACH / TABLE OF 10 \$685

MC

Moderator

Our Expert Panel will Discuss Diversity, Gender Equity and Inclusion in the Workplace. You'll be Inspired. Guaranteed!



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Earl



Catherine
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Fiona
Patten MP



Rob
Hulls



Kristen
Hilton



Josh
Bornstein



Dr. Emma
Burrows

\$900 CORPORATE TABLE OF 10

\$790 STANDARD TABLE OF 10 - SINGLE TICKET \$80 - STUDENTS: \$55

6.30am for 7.00am start. Finishes promptly at 9am. FREE parking in the multi-deck carpark.

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ROTARY INFORMATION

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	Twitter:-	https://twitter.com/Rotary
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Rotary Club of North Balwyn	Website:-	www.rotarynorthbalwyn.com.au
North Balwyn Men's Shed	Website:-	www.northbalwynmensshed.com
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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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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*