



CHANGEOVER MEETING REPORT

Friday 28th June saw our Club's Annual Board Changeover well attended by 90 members, friends and guests at Greenacres Golf Club.



Special Rotary guests included DGE Grant Hocking and Melissa, Di Gillies, IPP Balwyn RC, and incoming Presidents of Balwyn RC, and Canterbury RC, Cath Stahel and Lili-Anne Kriegel.

We happily celebrated our Club's 2018-19 achievements under the guidance of Nino Sofra and welcomed Incoming President Peter Sutherland and the new Board for 2019-20.



Our Leadership



RI PRESIDENT
Mark Maloney



DG Grant
Hocking



AG Eastside
Barry
Hickman



President
RCNB
Pete Sutherland

MEETINGS THURSDAYS

6 for 6.30pm
Kew Golf
Club
120 Belford
Road Kew
3102
Ph.
9859 6848

Special awards were presented to members Jane Pennington, Bill Oakley, Rowan McClean Phil Wade.



Jane, "Major Donor to the Rotary Foundation"; Bill, the Ron Carnell President's Trophy; Rowan, a PHF recognition with 3 Rubies! Phil received the [Royce Abbey Award](#) (In Absentia) for his demonstrated enthusiasm and commitment to the ideals of Rotary by a new member (Less than 5 years).



and
Master of Ceremonies
for the evening was PE
Greg Cribbes.

DGE Grant Hocking provided RI and District insights into the challenges that Rotary Club's face now and into the future with respect to an aging membership and new membership models to modernise the way we attract new members and retain their interest in our projects.



Now Past President Nino Sofra with His
Wife, Bev. Entertainers Alicia Groves
and Finn Gilheany

We all congratulate Nino for handing the club over in such sound shape with many new opportunities for members to stay enthusiastically involved in volunteering.

You (The Members) can also congratulate yourselves for the year's achievements, none of which could be achieved without your personal efforts in planning and participation.



President Peter

Club Diary

Miniatures Glen Waverley 13–14 July
Camp Getaway Working Bee 11–13 October 2019
Fellowship Weekend 15–17 November 2019
District Conference March 27–29 2020
[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 if you know in advance.

Or E-mail to apologiesrcnb@gmail.com

**Please apologise no later than 5pm
on Monday.**

MEETING ROSTERS

Thursday 4 July Greeters: Jeanette Leigh, John Gartlan Set Up: John Magor, John Koa Desk: Sue McDonald, Terry Keyhoe	Speaker: Winita Hardikar AM Host:- Jim Studebaker Topic:- Children's Health - Liver Transplants
Thursday 11 July Greeters: Neil Marshall, Brian Lacy Set Up: Duncan Ansell, Geoff Kneale Desk: Eileen Toohill, John Gartlan	Speaker: Judge Alister McNab Host:- Brian Lacy Topic:- Federal Circuit Judge
Thursday 18 July Greeters: Peter Downton, Greg Matthews Set Up: George Swanson, Eileen Toohill Desk: Tony Hart, Jannette Leigh	Speakers:- Volunteers Anne Maree and Emmanuel Host:- TBC Topic: Breaking Poverty in Uganda
Thursday 25 July Greeters: Adam Hillary, Sue McDonald Set Up: Rob Stewart, Maurie Walters Desk: Imre Lele, Kinga Paulheim	Speaker: Ken Mitchell and Thorold Marrett Host:- TBC Topic: 1958 Grand Final

Meeting No.1 in 2019/2020 Club Year - Friday 28th June 2019Present at Change-Over Meeting

NB Members 41

 Visiting Rotarians 9 incl. DG Grant Hocking & Melissa, , Di Gilles (Balwyn) & Rob Nethercote,
 Cath Stahel (Balwyn), Ros Horne (Geelong), Ken Maxfield (Yea).

Partners 32

Guests 5 Sutherland Family - Ken, Jan & Andrew; Entertainers Alicia Groves & Finn Gilheany.

Alumni 5 Bob & Carmel Bott, Graeme Bird & Ann Kerr, Maria Gouvoussi.

Members Present 41 = 60.3% ; Membership now = 68,

Was 70 before resignation of Chris Flavelle-Smith and Ted Angleton

External Activities 23 'CAMBERWELL Sunday Market 23/6 - Colin Sharp & Tony Wells; 'FARESHARE - Larry Fitzpatrick.(Board Approved) SCHOOLS' READING PROJECT 18/6 - E.Kelly, B.Oakley & J.Pirret .2nd BITE delivery to CamCare, 27/6 - Greg Cribbes; 'GARDENING PROJECT - No works - School Holidays.MEN's SHED 18 & 20/6 - David Cheney, Peter Elliott (2), Tony Hart, Greg MatthewsBBQ CATERING 23/6 - Reclink Jagath J, Bill Oakley (2), Janie Pirret, Nino Sofia,

Birthdays and Anniversaries between June 24 to July 7

Weddings: George and Anita Swanson**Birthdays:** Imre Lele, Geoff Kneale, Russell Cooper, John Koa, John Magor**Inductions:** Ted Wilkins

Geoff's Health Tip

Spermidine, the New Elixir of Life

Recently I came across an article that will be of interest to all of us, as we enter middle and older age. Although it is not uppermost in our mind at any one time, extending our life-span is a desirable aim as we seek to enjoy our latter years.

In an article published in the August 2018 issue of the American Journal of Clinical Nutrition Research, researchers from the Austrian Program of Advanced Research and Technology investigated the effects on longevity of a natural ingredient found in wheat germ and aged cheese, called spermidine, against all other determinants. As the name might imply, spermidine was first found in the fluid of semen. The main nutritional sources are wheat germ and aged cheese.



Earlier research had shown that supplementing mice with spermidine suppressed the age-related decline in cardiovascular function, and increased longevity by at least 10%. It is acknowledged that the results of trials with mice are not always transferable to humans, but positive results are of interest and are the basis for human trials.

Now, to the knowledge of the researchers at the Austrian research facility, their study was the first to show a positive relationship between the amount of dietary spermidine intake and reduced mortality risk in the general community. The association emerged as independent of other determinants of longevity and lifestyle.

All of the findings apply to spermidine from dietary sources and to amounts characteristically found in the Western diet and cannot readily be extrapolated to high-dose spermidine supplementation or extreme diets.

Sources of spermidine found in natural foods arranged in order:

Wheat germ 240 mg/kg, Aged (12 months) Cheddar Cheese 200mg/kg, Mushrooms 90mg/kg, Green Peas 50mg/kg, Cooked Cauliflower and Broccoli 25mg/kg.

Geoff

2019/2020 ENTERTAINMENT BOOK

2019/2020 ENTERTAINMENT BOOK

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



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2020 District Conference – Bendigo Victoria 27 – 29 March 2020

After a very successful Multi district conference in 2019 our District moves back to a single district-based conference whilst the full evaluation of the MDC can be assessed. Due to the long lead time in any conference preparation, a MDC can only be arranged every few years. This year we visit the delightful central Victorian goldfields town of Bendigo. This diverse cultural and historical city will delight all who attend.

The messages will be Inspirational. You will hear how Rotary Connects and Transforms communities, locally and internationally. You will also be entertained and enthralled by the varied program over the course of the weekend. The Rotary Showcase will take place in the Exhibition Centre allowing for multiple ways of displaying Projects from across Victoria allowing Rotarians across our state to connect with like-minded people.

Registration opens 1 July www.rotaryconference.org.au

For accommodation, our Club has reserved 20 rooms for 27/28 March 2020 and for those staying on 29th March 10 of these rooms have this extra night at **Quest Schaller Hotel.**

Cnr. Bayner & Lucan Streets, BENDIGO – handy to the Conference Centre
Just call 4433 6100 and quote Rotary Club of North Balwyn

For the Friday night, our Club has booked The Bridge hotel which is a couple of blocks from the Schaller so an easy walk. www.bridgehotelbendigo.com.au 49 Bridge St, Bendigo.
6.15pm for pre dinners (coincidentally during Happy Hour...) then dinner at 7.00pm.

Looking forward to seeing you all there. Jenny & Greg Cribbes Mob 0413 270403

Irish hunters

Two Irish hunters got a pilot to fly them to Canada to hunt moose. They bagged six. As they started loading the plane for the return trip, the pilot said the plane could only take four moose.

The two lads objected strongly. "Last year we shot six, and the pilot let us put them all on board and he had the same plane as yours."

Reluctantly, the pilot gave in and all six were loaded. However, even with full power, the little plane couldn't handle the load and went down a few moments after take-off.

Climbing out of the wreckage, Paddy asked Seamus, "Any idea where we are?"

"Bejasus, I tink we're pretty close to where we crashed last year."

Boroondara Cares Foundation
CHANCES Scholarship Program

invites you to

Breakfast

with the Lord Mayor of
Melbourne, Sally Capp



at

Kooyong Lawn Tennis Club
489 Glenferrie Road, Kooyong

on

Wednesday 7th August

6.45 am for 7.00am start,
concluding at 8.45am

Bookings

Via TryBooking website

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

Bookings close: Tuesday 30th July @ 7.30pm

Individual cost: \$55.00 per head

Table of 10 cost: \$500 per table

Enquiries contact:

secretary@boroondaracares.org.au



Boroondara
Cares

Second Bite Roster

The Roster to collect food from 2nd Bite and deliver to Camcare.

Food is picked up from 2nd Bite between **8:15 and 8:45 am** every Thursday and delivered by **9:45 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
4	July	Garth Symington	
11	July	Jim Studebaker	
18	July	Jim Studebaker	
25	July	Hugo Goetze	
1	Aug	Geoff Haddy	Garth Symington
8	Aug	Steven Greatorrex	Hugo Goetze
15	Aug		Hugo Goetze Geoff Haddy
22	Aug		Hugo Goetze Geoff Haddy
29	Aug	Garth Symington	Hugo Goetze Geoff Haddy
5	Sept		Geoff Haddy
12	Sept		Geoff Haddy Garth Symington
19	Sept		Geoff Haddy Garth Symington
26	Sept		



CAMBERWELL SUNDAY MARKET ROSTER – No 45

Sunday	6.45am – 10.00am	9.45am – 1.00pm
7 July	Bill Oakley	Marcel Muntwyler
14 July	Rob Head	Anthony Stokes
21 July	Geoff Kneale	Findley Cornell
28 July	Geoff Haddy	Brian Lacy
4 August	Peter Sutherland	Janie Pirret
11 August		Ian Richardson
18 August		
25 August	Garth Symington	Colin Sharp
1 September		
8 September	Greg Cribbes	Adam Hillary
15 September		Marcel Muntwyler
22 September		
29 September	Geoff Steinicke	

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

[Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com](mailto:gwsteinicke@bigpond.com)

Catering Roster

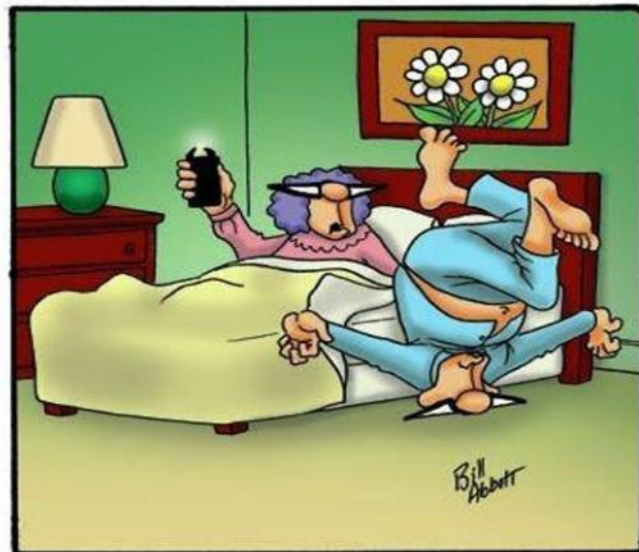
Catering is one of major fundraising activities - help is always wanted!! so if you can help at any of the following, please email: admin@rotarynorthbalwyn.com.au

13 July	Miniatures		8.30am to 12.30pm	12.00pm to 4.00pm
Saturday	Glen Waverley	1	Jane Pennington	Barry Cummings
		2	Reg Parsons	Kristine McDonell
		3	Geoff Steinicke	Jane Pennington
		4	Pete Sutherland	Pete Sutherland
		5	Jagath Jayasinghe	Jagath Jayasinghe
		6	Naomi Uehara	Naomi Uehara
		7		
		8		
14 July	Miniatures		8.30am to 12.30pm	12.00pm to 4.00pm
Sunday	Glen Waverley	1	Jane Pennington	Jane Pennington
		2	Reg Parsons	Eileen Toohill
		3	Pete Sutherland	Jim Studebaker
		4	Jim Studebaker	Janie Pirret
		5		
		6		
		7		
		8		
27 July	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd			
	Box Hill			
		1		
		2		
		3		
		4		
		5		
9 August	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1		
	Box Hill	2		
		3		
		4		
		5		

Rotary Gardens Project

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
SCHOOL HOLS				
Fri 19 July	CGS, XC	3-5pm	G Haddy	I Glenny, J Pirret
Fri 26 July	CGS, XC	3-5pm	G Symington	I Glenny, J Pirret
Sat 27 July	MLC	10-noon		T Yakawa
Fri 2 Aug	CGS, XC	3-5pm	R McClean	I Glenny
Fri 9 Aug	CGS, XC	3-5pm		I Glenny, I Adams (at Eva T)
Sat 10 Aug	MLC	10-noon	G Haddy	F Cornell
Fri 16 Aug	CGS, XC	3-5pm		I Glenny
Sat 17 Aug (special)	CGS Spl	10-noon	G Steinicke	M Muntwyler
Fri 23 Aug	CGS, XC	3-5pm		I Glenny
Sat 24 Aug	MLC	10-noon	G Symington	
Fri 30 Aug	CGS, XC	3-5pm		I Glenny
Sat 31 Aug (special)	CGS Spl	10-noon		
Sat 31 Aug	MLC	10-noon		
Fri 6 Sept	XC	3.45 – 5pm	G Cribbes	I Glenny, G Symington
Sat 7 Sept	MLC	10-noon		E Kelly
Fri 13 Sept	XC	3.45 – 5pm	G Cribbes	I Glenny
SCHOOL HOLS				
Fri 11 Oct	XC	3.45 – 5pm		
Sat 12 Oct	MLC	10-noon		
Fri 18 Oct	CGS, XC	3-5pm	G Cribbes	
Sat 19 Oct	MLC	10-noon		
Fri 25 Oct	CGS, XC	3-5pm		
Fri 1 Nov	CGS, XC	3-5pm	G Haddy	
Fri 8 Nov	CGS, XC	3-5pm	G Cribbes	
Fri 15 Nov	CGS	3-4pm		

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



"It's a taser. It's for your snoring."

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: Peter Sutherland	president@rotarynorthbalwyn.com.au
Vice President: John Magor	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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TRAVEL

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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