



### Meeting Report

This week's meeting was held at the North Balwyn Bowling Club and was attended by Partners to hear reports on the Day's for Girls program.

Bev Sofra commenced with a overview of the origins of the Project and how the local group of ladies has grown in support. The number of kits that have been produced by the group is impressive.

Earlier trips to the Solomon's to train ladies in the use of the sewing machines allowing them to create income streams led to expanding the Day's for Girls program into the Solomon's. The latest trip had several objectives that included making the women more self sufficient and was a "train the trainer" exercise.

Brian Thomas was kept busy on the trip servicing the sewing machines, not only the Toyota machines, but also other makes that ladies brought along to the training sessions.

Jenny Sanders, a member of the local Day's for Girls group was part of the team and spoke on her experience. Expecting to see some of the Solomon's, Jenny found that the site for the training days was "one left turn and one right turn" from the airport!

The strength of the relationships with the ladies in the Solomon's was spoken about by all three speakers.

A great project success!

Brian Thomas, President Nino Sofra (rear) with Jenny Sanders and Bev Sofra pictured right.



### Please bring an Unwrapped Children's Present to our Christmas Meeting

13<sup>th</sup> December at Kew Golf Club

Boys and Girls toys/gifts up to the value of \$15 is suitable

Gifts will be provided to FareShare <https://www.fareshare.net.au/>



**With your help FareShare can deliver some Christmas Cheer along with their food offerings to those in need.**

### Our Leadership



**RI President  
Barry Rassin**



**DG 9800  
Bronwyn  
Stephens**



**AG Eastside  
Barry  
Hickman**



**President  
RCNB  
Nino Sofra**

### Club Diary

December 7 Ladies Christmas Fare  
Sunday January 13<sup>th</sup> - Brunch at Warrandyte  
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](mailto: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**

Another huge thank you to everyone involved in the raffle. In rain and chilly winds the week before, then summer sunshine this past weekend, we have sold tickets to the value of \$8,700 to date. Peruse the roster for the final 2 weeks and put your name down for a shift.

Maling Road is where we have sold a lot of tickets in previous years!



### ROTARY CLUB NORTH BALWYN - CHRISTMAS RAFFLE 2018

DATE Friday, 7th December, 2018

LOCATION First Choice, Balwyn

SHIFT	NAME	NAME
10.00am - 12.30pm	GREG CRIBBES	
12.30pm - 3.00pm	NINO SOFRA	
3.00pm - 5.30pm	JOHN GARTLAN	

DATE Friday, 7th December, 2018

LOCATION Maling Road, Kris Kringle Fair

SHIFT	NAME	NAME
5.00pm - 7pm	COLIN SHARP	SALLY SHARP
5.00pm - 7pm	MAURIE WALTERS	KRIS WALTERS
5.00pm - 7pm	JANE PENNINGTON	
5.00pm - 7pm		
7.00pm - 9pm		
7.00pm - 9pm		
7.00pm - 9pm		

DATE Saturday, 8th December, 2018

LOCATION Woolworths, KEW

SHIFT	NAME	NAME
10.00am - 12.30pm		
12.30pm - 3.00pm	ROWAN MCCLEAN	
3.00pm - 5.30pm		

### GRAND PRIX INFORMATION

**Our catering involvement at the Formula 1 Australian Grand Prix is a major fund-raising event for our club. It is also a great opportunity to participate in a 'hands on' activity with our fellow members and others.**

**The 2019 Australian Grand Prix runs 12-17 March 2019 and we will be looking for about 70 members and others to staff the event.**

**If you have the opportunity, please talk to your friends and relatives to see if they have an interest in joining us for one or more of these days.**

**We will be drawing up rosters in the coming weeks so we have sufficient time to get the Grand Prix accreditation necessary for our members and volunteers to be on the track on race days.**

**In the meantime, please mark up you calendars with the dates now.**

**More later..... Jim Studebaker**



## Our Recent Indigenous Project

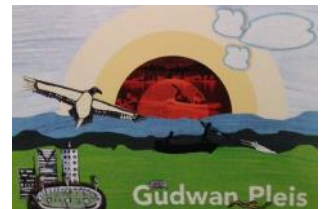
Last year's Board approved funds to support MITS (Melbourne Indigenous Transition School) for the production of a book that captures images and language from the indigenous communities which are home for the secondary students attending MITS.

Nino Sofra, Rob Head and Garth Symington attended the launch of the book, called Gudwan Pleis, at the MITS campus in Richmond.

The first photo shows the four students who wrote the material for the book, while the second photo shows the school principal addressing the crowd at the launch.

Rob Head

Immediate Past President



The Boroondara Outreach based at the Uniting Church, Highbury Grove, Kew is led by Rev. Natalie Dixon-Monu.

Boroondara Outreach provides a Tuesday luncheon (Good Grub) to men & women in local rooming houses and works in collaboration with Servants Community Housing.

Due to changes in the Community Service Sector, Natalie now requires a much larger number of Christmas Hampers for all the people coming to her meals service.

Natalie hopes to put together 200 to 400 "hampers" (or gift bags) this Christmas.

As a representative of North Balwyn Uniting Church, Days for Girls and North Balwyn Rotary, Diane Goetze has been approached by Natalie to seek **donations of toiletries** to provide Christmas Hampers for both men & women such as:-

- Shaving Cream, Razors, deodorants for men.
- Make-up etc for women.
- Small hair shampoo and conditioners, talc, toothpaste and tooth brushes for all, plus mugs, and Sunscreen, as many psych medications increase the susceptibility to sunburn.

If anyone has sample units of these commodities, eg, contents of airline travel bags, will be most welcome.

Could you approach your local pharmacies and/or supermarkets for donations.

Food such as:-

- Small tinned meats in ring-pull cans – tuna, salmon, chicken.
- Snacks such as soft muesli bars, and
- Christmas treats such as shortbreads, mince pies are also sought.

Donations can be left at North Balwyn Rotary meetings or at the GOETZE home no later than the morning of Friday 14<sup>th</sup> December to allow time for packing before the Christmas Day Luncheon.

**Hugo Goetze**

## MEETING ROSTERS

<b>Thursday 6 December</b> <b>Greeters:</b> Kinga Paulheim, Colin Sharp <b>Set Up:</b> Jim Romanis, Geoff Steinicke <b>Desk:</b> Ted Wilkins, Greg Cribbes	<b>Speakers -</b> Sue Taffe <b>Host -</b> Jeanette Leigh Awarded a PHD in history, Sue has interviewed great Australians for decades. An author of numerous books including <i>Black and White Together</i> and more recently <i>White Hot Flame</i> , Sue will present on the exploration of the life of Mary Montgomerie Bennett – ‘our spiritual mother’.
<b>CHRISTMAS PARTY CHRISTMAS PARTY CHRISTMAS PARTY CHRISTMAS PARTY</b> <b>THIS IS A PARTNERS NIGHT</b>	
<b>Thursday 13 December</b> <b>Greeters:</b> Anthony Stokes, Garth Symington <b>Set Up:</b> Jim Studebaker, Peter Sutherland <b>Desk:</b> Russell Cooper, David Cheney	
<b>Thursday 20 December</b> <b>Desk:</b> Peter Sutherland, Janie Pirret	BBQ Breakfast at Macleay Park
<b>Thursday 17 January</b> <b>Greeters:</b> Duncan Ansell, Barry Cummings <b>Set Up:</b> David de Garis, Peter Downton <b>Desk:</b> Larry Fitzpatrick, Chris Flavelle-Smith	<b>Informal BBQ</b> <b>Speaker</b> John Boffa, Chief Medical Officer in the Northern Territory.

**Club Meeting summary for December and January is as follows:**

- \* Thursday Dec 27 – no meeting.
- \* Thursday Jan 3 – no meeting.
- \* Thursday Jan 10 – no meeting.
- \* Sunday Jan 13 – Fellowship brunch at Warran Glen café, Warrandyte.
- \* Thursday Jan 17 – first regular meeting for the year at KGC – informal bbq.  
 Guest Speaker: John Boffa, Chief Medical Officer of the Northern Territory.
- \* Thursday Jan 24 – regular meeting at KGC.  
 Australia Day meeting.
- \* Thursday Jan 31 – regular meeting at KGC.  
 Guest Speaker: Prof Eccleston – founder of Sugar By Halves.

**Birthdays and Anniversaries between December 2 to December 9****Weddings:****Birthdays:** Tricia Lele, Pat Cleary**Induction Anniversaries:**



## Geoff's Health Tips

**Which Sunscreen Should you Buy?**

In this present cooler weather it's hardly appropriate to write about sunscreens, but shortly there will surely come sunny days and an avalanche of advice on sunscreens, and how to protect oneself from getting skin cancer or a more serious melanoma.

Some of us, including myself, who can trace their genealogy back to the Celts of central Europe, are 99% certain to develop skin cancers, especially on the ears and the backs of wrists. It has often been said, "We are in the wrong country when it comes to enjoying the benefits of the sun".

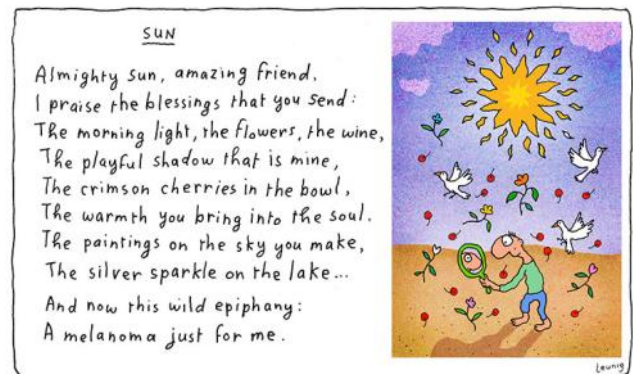
In 1998 the Therapeutic Goods Administration (TGA) set up a Sun Protection Factor (SPF) standard that uses solar lamps to simulate the sun's rays and therein lies a basic testing flaw – are solar lamps an effective substitute for the sun's rays in an open-air environment?

- \* An SPF of 30 means the number of additional minutes the sunscreen protects your skin. I tested the skin on my back and found it went pink after fifteen minutes. Applying a cream with an SPF of 30 means I would be protected for 450 minutes ( $15 \times 30$ ) = 7 hours. I know one person using an SPF 30 product who suffered sunburn on crossing from Queenscliff to Sorrento on the ferry – less than 60 minutes.

In the past 20 years the chemical compounds developed for sunscreens have been quite successful in absorbing the sun's rays. Actually, the energy from absorption is turned into heat, however most people don't notice the slight rise in temperature on the skin's surface, as it is quickly dissipated.

The other type of sunscreen is the reflective type made using zinc oxide or titanium dioxide. Although these have a ghosting effect on the skin they are very effective and, in my view, safer overall.

- \* The best advice, whichever sunscreen with an SPF of 30 or more you choose, is to apply it at least 20 minutes before you go into the sun and ensure the cream is applied evenly and absorbed by the outer layer of skin.



Geoff

Our thanks to Leunig and The Age

**Meeting No.23****Thursday, 29th November 2018****Present:****Update: Days for Girls Project - Solomon Is.**

Guest Speaker 3 Bev Sofra, Brian Thomas &amp; Jenny Sanders.

NB Members 52

Partners 17

Guests 2 Nick Sofra &amp; Jessica Gretton.

Members Present 52 = 70.3% ;

Apologies - LOA = 1, On-time = 19, Late = 1, No Apology = 1.

**External Activities**12 2nd Bite delivery to CamCare 29th Nov. - Greg Cribbes;

(Board Approved)

Reading Program at St Bridget's 27 Nov. - Estelle Kelly, Bill Oakley & Phil Wade; Men's Shed 27 & 29 Nov. - David Cheney, Peter Elliott, Cam'well Sunday Market 25 Nov.- Larry Fitzpatrick & Sue McDonald. George Swanson - RC Sorrento.

Catering - nothing recorded.!!

**Absent next week for rosters.**

D.Ansell, B.Diamond, T.Hart, J.Koa, B.Lacy, J.Pennington, B.Thomas &amp; T.Wells.

Place your orders with Colin Sharp email [colinsharp@bigpond.com](mailto:colinsharp@bigpond.com) \$10.00 for a pack of 6 tarts

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## **Bakers Delight Christmas Fundraising Drive**

**We'll donate \$2 from every  
Christmas Tart 6-pack sold!**



Fruit Mince Tarts!!

Lemon Tarts!!

\$10.00 a pack of 6 Tarts!

### **Need more Christmas convincing....?**

We will happily provide free samples of our freshly baked, delicious Fruit Mince and Lemon Tarts.

We pride ourselves on maintaining the highest possible quality products by using only the finest ingredients.

### **Want to join in our jolly offer?**

If you wish to participate in a Bakers Delight Christmas Fundraising Drive, we will confirm both your order due date and order delivery date for your event.

Merry Christmas,



**Baker Delight Franchisee**

T:

*Bakers Delight*



# 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 15<sup>th</sup> Nov,
- sightseeing activities, golf, bikes etc. followed by Dinner on Sat 16<sup>th</sup>,
- more wanderings, golf etc. then Lunch at a winery on Sun 17<sup>th</sup> 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



# Christmas Fare

Commonwealth Bank, North Balwyn Village

Friday, 7<sup>th</sup> December 2018

We are planning the Annual Christmas Fare again this year. Are you able to help with baked goods, puddings, cakes, shortbreads, biscuits, chutneys and much more to tempt taste buds and decorate Christmas tables?

If you are able to help could you please deliver goods to Ian Mollison's office, Helloworld, 66 Doncaster Rd by 5:30pm Thursday 6<sup>th</sup> December.

This year funds raised will go to  
**Impact for Women**  
Making a difference to women  
and children fleeing extreme violence  
at home

Many thanks for your help.

Do NOT  
mind your own business

Do nothing  
and you may as well  
lend a hand

 **mpact**



Enquires to Bev Sofra    Mob: 0438 567861



## ROTARY INFORMATION

Rotary International	Website:-	<a href="https://www.rotary.org/">https://www.rotary.org/</a>
	Facebook:-	<a href="https://www.facebook.com">https://www.facebook.com</a>
	Twitter:-	<a href="https://twitter.com/Rotary">https://twitter.com/Rotary</a>
Rotary Australia	Website:-	<a href="http://rotaryaustralia.org.au">rotaryaustralia.org.au</a>
	Facebook:-	<a href="https://www.facebook.com/RotaryAroundAustralia/">https://www.facebook.com/RotaryAroundAustralia/</a>
	Facebook RDU:-	<a href="https://www.facebook.com/rotarydownunder/">https://www.facebook.com/rotarydownunder/</a>
	Twitter:-	<a href="https://twitter.com/rotaryaustralia">https://twitter.com/rotaryaustralia</a>
District 9800	Website:-	<a href="https://www.rotarydistrict9800.org.au/">https://www.rotarydistrict9800.org.au/</a>
	Facebook:-	<a href="https://www.facebook.com/rotarydistrict9800/">https://www.facebook.com/rotarydistrict9800/</a>
	Twitter:-	<a href="https://twitter.com/rotaryd9800?lang=en">https://twitter.com/rotaryd9800?lang=en</a>
	Networker:-	<a href="http://rotarydistrict9800.org.au/content/54/networker">rotarydistrict9800.org.au/content/54/networker</a>
Rotary Club of North Balwyn	Website:-	<a href="http://www.rotarynorthbalwyn.com.au">www.rotarynorthbalwyn.com.au</a>
North Balwyn Men's Shed	Website:-	<a href="http://www.northbalwynmensshed.com">www.northbalwynmensshed.com</a>
Find a Rotary Club:-		<a href="https://my.rotary.org/en/search/club-finder">https://my.rotary.org/en/search/club-finder</a>

### ROTARY CLUB OF NORTH BALWYN 2018/19

President: Nino Sofra	<a href="mailto:president@rotarynorthbalwyn.com.au">president@rotarynorthbalwyn.com.au</a>
Vice President: Adrian Ranson	<a href="mailto:vicepresident@rotarynorthbalwyn.com.au">vicepresident@rotarynorthbalwyn.com.au</a>
Secretary: Gavan Schwartz	<a href="mailto:secretary@rotarynorthbalwyn.com.au">secretary@rotarynorthbalwyn.com.au</a>
Treasurer: Adam Hillary	<a href="mailto:treasurer@rotarynorthbalwyn.com.au">treasurer@rotarynorthbalwyn.com.au</a>
Grapevine: John McBride	<a href="mailto:jdmcb48@bigpond.net.au">jdmcb48@bigpond.net.au</a> <b>Noon Sat Weekly Deadline for submissions.</b>

North Balwyn Probus:	Michael Martin	<a href="http://balwynnorthprobus.org.au">http://balwynnorthprobus.org.au</a>		
North Balwyn Heights Probus:	Sue Mullarvey	<a href="mailto:yarramul@tpg.com.au">yarramul@tpg.com.au</a>	98574305	0400821402
Greythorn Probus:		<a href="http://greythornprobus.org.au">greythornprobus.org.au</a>	98594941.	
Boroondara Ladies Probus:	Janet Eddy	<a href="mailto:jveddey@applewood.net.au">jveddey@applewood.net.au</a>		

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Kew | Kew East

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

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Delight*