



MEETING REPORT

Our Speaker, Dr Jan Manent PhD, is based at Monash University with the Australian Regenerative Medicine Institute [ARMI] which is a joint venture \$153 million medical research centre—between Monash University and the Victorian Government. Prior to ARMI, Dr Jan graduated from the Pierre and Marie Curie University in Paris with a PhD in Human Genetics then worked at the Harvard Medical School in Boston.

The focus of the research at ARMI is to ascertain the mechanisms associated with the regenerative process by studying how life is formed, how it develops, and how it regenerates—all components that are vital to regenerative medicine.

The aim of ARMI is to create the technology and therapies that will be able to prevent, halt and reverse damage to organs and tissues due to disease, injury and genetic conditions.

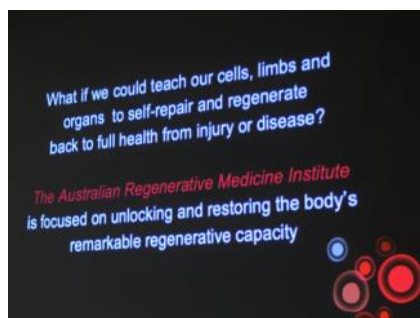
This will provide treatments for conditions such as neurodegenerative disorders, autoimmune diseases, diabetes type 1, musculo-skeletal conditions and cardiovascular diseases.

Regenerative medicine is already used in medical practice for specific conditions. A segment of liver that is transplanted from a donor into a patient will regenerate into a larger, functional organ. Stem cells found in bone marrow and umbilical cord blood have been used to help patients overcome blood-related and immune conditions. It has also been used to regrow cells destroyed by chemotherapy treatment.

Through Dr Manent we had an insight into these new cutting edge technologies.

At the Meeting, Carmel and Bob Bott said their adieus to the Club after 17 years with us. This followed Bob being a Member and President of the St Kilda Rotary Club.

As always, our Greeters are ready to warmly welcome you to the Meeting. Eileen Toohill assisted by Greg Cribbes [the Juggler] greeting Peter Downton.



Our Leadership



**RI President
Barry Rassin**



**DG 9800
Bronwyn
Stephens**



**AG Eastside
Barry
Hickman**



**President
RCNB
Nino Sofra**

Club Diary

Club Changeover Greenacres 28 June

Miniatures Glen Waverley 13—14 July

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 if you know in advance.

Or E-mail to apologiesrcnb@gmail.com

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

MEETINGS THURSDAYS

6 for 6.30pm
Kew Golf
Club

120 Belford
Road Kew
3102
Ph.
9859 6848

Meeting No.46**Thursday, 30th May 2019****Present:**

Guest Speaker 1 Dr Jan Manent - A.R.M.I. at Monash. [Regenerative research]

NB Members 39

Visiting Rotarians 2 PDG Neville John (Melb.Central), Anthea Rutter (Balwyn).

Partners 4 Pat Cleary, Kristine McDonell, Heather Matthews & Bev Sofra.

Guests 3 Dr Zita Unger (with guest speaker), Bob & Carmel Bott (Retirement Farewell)

Alumni 2 Graeme Bird & Ann Kerr.

Members Present 39 = 55.7%% ; Membership = 70

External Activities : 26 CAMBERWELL Sunday Market 28/4 - Russell Cooper & John Rennie.(Board Approved) SCHOOLS' READING PROJECT - E.Kelly, B.Oakley, J.Pirret & P.Wade.GARDENING PROJECT, 25 May - Rob Head, Peter Elliott & Rowan McClean (30 May)2nd BITE delivery to CamCare, 2/5 - Garth Symington; DIK Pete Sutherland.MEN's SHED 28/5 & 30/5 - David Cheney, Peter Elliott, Tony Hart;FARESHARE - Larry Fitzpatrick; CATERING BBQ - next 8th June. RC Woodend - Rowan McClean.

Apologies for Thurs 6th June :- 9 LofA and a further 11 apologies so far.

2019/2020 ENTERTAINMENT BOOK**2019/2020 ENTERTAINMENT BOOK**

With the 2018 | 2019 Entertainment Membership about to expire, now is the perfect time to purchase their new Memberships from you in order to enjoy hundreds of valuable offers until 1 June 2020!

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



Support Rotary Club of North Balwyn! Get your new Entertainment Membership today.

With the 2018 | 2019 Entertainment Membership about to expire, now is the perfect time to buy the brand new 2019 | 2020 Entertainment Membership! You can enjoy thousands of valuable offers for everything you love to do, all while supporting our fundraising.

Purchase your 2019 | 2020 Entertainment Membership!

MEETING ROSTERS

Thursday 6 June Greeters: Brian Thomas, Eileen Toohill Set Up: Adrian Ranson Desk: Bill Oakley, Estelle Kelly	Speaker: Dr Laura Hart Host:- Greg Ross Topic:- Teen Mental Health First Aid – How Australian Rotary Health has helped launch an important international program for adolescents
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Dr. Laura Hart is a post-doctoral research fellow working in the Population Mental Health Group at the University of Melbourne. She completed her doctoral thesis in Mental Health First Aid for Eating Disorders.

After her PhD, she began researching and developing the "teen Mental Health First Aid" course, a new training program for adolescents aged 16-18, about how to help their friends. This evidence-based school training was designed with and for young people with mental health problems and their friends.

Dr. Hart was awarded a beyondblue Early Career Researcher grant to evaluate the program in 2013 and an Australian Rotary Health Project Grant to conduct a randomised controlled trial from 2014-2016 in four Victorian Secondary Schools



Thursday 13 June Greeters: Philip Wade, Tony Wells Set Up: George Swanston Desk: Adrian Ranson, Ian Richardson	Speaker: Tony Alsop—Acorn Nursery Host:- Imre Lele Topic:- Gardening in Winter
Thursday 20 June Greeters: Ted Wilkins, Tak Yakawa Set Up: Garth Symington, Phil Francis Desk: Brian Thomas, Sue McDonald	Speaker: Sergeant Mark Boysen – Host:- Geoff Kneale Topic:- Victoria Police Dog Squad

CHANGE OVER NIGHT Friday June 28 Greenacres Golf Club 6:00 for 6:30 pm
Say farewell to Nino! Hello Peter!

Bookings: RSVP to Jane Pennington jane.pennington@bigpond.com

Payments: \$65 per person must be paid **in advance**. No meal payments on the night.

By EFT to Club's Admin account BSB 633 00 A/c 1464 706 53

Please include **your name** and **changeover** in the internet field to enable identification.

Or after Thursday's Meeting pay by cash, cheque or EFTPOS,

Or cheque to RCNB, PO Box 135, North Balwyn.

Friday 28 June Greeters: Janie Pirret, Don Taylor Set Up: Jim Studebaker, Jane Pennington Desk: David de Garis, Ted Wilkins	Host:- President Nino Sofra
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Birthdays and Anniversaries between June 3 to June 9

Weddings: Hugo and Diane Goetze
Birthdays: George Swanston, Sally Sharp
Inductions: Ian Mollison, Jane Pennington, Maurie Walters

Geoff's Health Tip – brought to you by Peter
[Volunteering Linked to Better Physical, Mental Health](#)



Being a Rotarian is helping your wellbeing!

Just a few hours of volunteer work can improve your mood and outlook, while regular volunteering is associated with better overall mental health.

Volunteering is good for
your mental health!
So put up your hand!



Volunteers contribute more than [200 billion annually to the Australian Economy](#)

Read more ...[HERE](#)

FORAMEAL FORAMEAL FORAMEAL

We would like to support this program by taking a couple of tables if we get the numbers.

We see it as an excellent opportunity to include potential Rotaractors and existing Interactors to give them a hands on experience of Rotary at work on overseas programs.

The table costs will be at the Club's cost as a donation from our Community Service budget. Members who would like to participate let Garth Symington know by next **Wednesday 5 June** on garths45@icloud.com



Rotary Club of Canterbury Inc.
PO Box 314
Canterbury, VIC 3126
ABN 46 369 090458
www.forameal.com.au

ROTARY MULTI-CLUB
FORaMEAL PACKING
TUESDAY, 11 JUNE, 2019
6.00—8.30 PM

VENUE NOW CONFIRMED

Kew Bowls Club
397 Barkers Road
KEW.



Parking at the rear
Auburn Station : 15min walk
Camberwell Station : 20min walk
Burke Rd Tram No.72 : Barkers Rd Stop :5min walk

FORaMEAL emergency food relief project provides assistance to some of the most disaster prone areas in the world. Each pack contains a nutritious meal for a family of 5-6 people. Packing events are

- Fun-filled and meaningful
- Demonstrate "Rotary in Action" to new members
- A great way to socialise with other Clubs
- Refreshments provided.

Register a Table for your Club : 12 participants per table : \$1,000*

- * Contribution towards raw materials and shipping.
- Administered totally by Rotarians in Australia and overseas
- Provided free of charge to people in distress.



Target 20,000 meals
(4,000 packs)
In just 2 hours.

Want to learn more about the project ?

<https://www.dropbox.com/sh/zafqjdq925bbn2z/AAAdUkrKRlckwat57wv2Ex8na?dl=0>

WHY NOT JOIN US ON THE 11TH JUNE
OR ASK HOW WE CAN CONDUCT AN EVENT IN YOUR AREA?

Register your Club's interest at www.info@forameal.com.au
Or call Val Cuniffe 0411 345 600



FREE EVENT
BOOKINGS ARE ESSENTIAL

PRESENTS

COMEDY FOR DROUGHT RELIEF

The Rotary Clubs of North Balwyn, Balwyn and St Arnaud, and the Australian Institute of Comedy, present the community of St Arnaud with a night of hilarity.

Saturday 15th June, 2019 from 5.30pm
Town Hall, St Arnaud

Starring

Marty Fields, Bev Killick & Elliot Goblet

Hosted by

Former Cop Shop star
Gregory Ross



Food and drinks available at reasonable prices.

Plus a fun local Competition. You can also get involved with your own comedy act or joke. Local adults and school students will participate in their category for a first prize of \$150 and minor prizes of \$50. To enrol contact Russell Steel at St Arnaud Resource Centre, 85 Napier Street. **Mobile** 0455 133 498 **Email** russellsteel99@gmail.com

Book now at www.trybooking.com/498785
or at the Community Resource Centre - 85 Napier St



Rotary



The Rotary Club of North Balwyn
invites you and your partner to our

Changeover Dinner



Date:	Friday 28 June 2019
Venue:	Greenacres Golf Club, 51 Elm St, East Kew
Time:	6.00pm for a 6.30pm start
Cost:	\$65.00 per person Which includes a two course meal, drink on arrival and wine on the table. Other drinks will be at bar prices.
Payment:	Cheque payable to the "Rotary Club of North Balwyn" or Direct deposit into the RCNB bank account: BSB: 633 000 Account Number: 146470653 Account Name: Rotary Club of North Balwyn Admin Account Please put reference: Your name and Changeover
RSVP:	To Jane Pennington by 10 June 2019
Email:	Jane.Pennington@bigpond.com or Phone: 0408 402 555
Dietary:	Please list any dietary requirements at the time of rsvp'ing.
Dress :	Lounge Suit / smart casual with a splash of purple.
Questions ?	Contact Jane Pennington for more information

Rotary
District 9800



Rotaract



District 9800 Changeover



BE THE INSPIRATION

2018-19

to



2019-20

Sunday, June 30, 11:30 pre-lunch drinks for midday start

Lakeside Banquet and Reception Centre

65 Melton Highway, Taylors Lakes

Adult \$70, Child \$45. Includes 2 course lunch and drinks

Book and pay via TryBooking by Sunday 16th June 2019

<https://www.trybooking.com/473703>



Family Violence Forum



Guest Speakers:

GARRY HIGGINS OAM

Rotary Club of Maryborough

TREVOR ROWE

Detective Acting Inspector

Centre for Crime Investigation

Victoria Police

BENJAMIN BREWIN

Promoting Health Masculinities
in the Eastern Region

ELIZA SIMPSON

Detective Acting Senior Sergeant

Victoria Police

MC — Councillor Sharon Ellis

Whitehorse City Council

#SayNO2familyviolence

*Entry: Gold coin
donation
to benefit
EDVOS*

*Seating limited
to 150 people
Light refreshments
served*

*NO CHARGE
Bookings through
www.trybooking.com/505300*

**TUESDAY JUNE 18th. 6.30pm - 9.30pm BOX HILL INSTITUTE (TAFE)
ELGAR AUDITORIUM Elgar Bldg. 4 B32 / B34 ELGAR ROAD BOX HILL**



Proudly supporting



Ron Liner has lived with Kidney disease for 6 years and undergoes dialysis to clean his blood. This involves going to hospital 3 times every week and being connected to a machine for about 4-5 hours each time. He is keen to raise awareness and funds to help others struggling with this disease.

With the support of Kidney Health Australia, we invite you to a gala dinner at the Dingley International Hotel, Moorabbin, on Wednesday 31 July. Join us for a night of uplifting entertainment.

Internationally acclaimed concert pianist Alan Kogosowski will perform with inspirational words from Dr Eugenia Pedagogos and Dr Peter Larkins, along with added musical entertainment from brilliant musician Simon Ross. The special evening will be hosted by Australian actor and former Cop Shop star Gregory Ross.

**PLEASE JOIN US ON
31 JULY**

AND MAKE IT A WONDERFUL NIGHT
PROMOTING KIDNEY HEALTH!

Tickets can be arranged either as a table of 10 or individually via

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

enquiries: 0414 33 77 23

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
6	June	Reg Parsons	
13	June	Geoff Haddy	
20	June	Rob Head	
27	June	Greg Cribbes	
4	July	Garth Symington	
11	July	Jim Studebaker	
18	July	Jim Studebaker	
25	July	Hugo Goetze	



CAMBERWELL SUNDAY MARKET ROSTER – No 41

Sunday	6.45am – 10.00am	9.45am – 1.00pm
9 June	Greg Ross	Estelle Kelly
16 June	Greg Cribbes	Larry Fitzpatrick
23 June	Tony Wells	Colin Sharp
30 June	Tak Yukawa	Brian Lacy
7 July	Bill Oakley	Marcel Muntwyler
14 July	Rob Head	Anthony Stokes
21 July	Geoff Haddy	
28 July	Geoff Kneale	Brian Lacy
4 August		Janie Pirret
11 August		Ian Richardson
18 August		
25 August	Garth Symington	

Please let me know as soon as possible if you are cancelling
[Geoff Steinicke Mob 0418 175 130 email gsteinicke@bigpond.com](mailto:gsteinicke@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:- jane.pennington@bigpond.com

8 June	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1	Sarah Hurst	Pirozek Family
	Box Hill	2	Jagath Jayasinghe	Pirozek Family
		3	Emily Rowling	Georgia Suddick
		4	Bill Oakley	Brian Lacy
		5	Estelle Kelly	Bill Oakley
	Eftpos Manager			
22 June	Maserati Club		7.30am to 11.30am	11.00am to 3.00pm
Saturday	Sandown	1	Jagath Jayasinghe	
		2	Sandy Jayasinghe	
		3	Jane Pennington	
		4		
		5		
23 June	Reclink		10am to 2pm	1.45pm to 6pm
Sunday		1	Jagath Jayasinghe	
		2		
		3		
		4		
		5		
		6		
		7		
		8		

Rotary Gardens Project

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 14 June	XC	3.45 – 5pm	G Cribbes	I Glenny, J Pirret
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				

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

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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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.

Bakers
Delight