



Meeting Report

A Fat Lot of Good – Sugar by Half – Speaker Dr Peter Brukner.

Last Thursday evening, a worrying, sobering yet enthralling session was introduced by our Chairman (Resident Health Tipper) Geoff Steinicke.

Geoff's introduction of Dr Peter Brukner's world-wide, amazing career included highlights such as – Sports Medicine Clinician at Collingwood, Melbourne and Liverpool footy clubs plus the Australian Olympic team and Socceroos. Also a Professor, Peter had his own "wake-up call" at 60 when he had believed he was "ok, an average guy". Fact was, this highly knowledgeable man had got his own health and well-being wrong. How many of us kid ourselves?



Peter was facing Type 2 diabetes (T2D), fatty liver, raised blood sugars, high cholesterol and raised triglyceride – all culminating in sleep difficulties, low energy and ... a gut.

Peter had been gradually gaining half kg per year for the last 30 years and facing an early mortality. Where's your mirror?

Even as a world-renowned medical professional, Peter strongly advocated that the medical profession has got it "All wrong". The "UN Health Industry" had been prescribing low fat, low calories for decades which is now proven to be grossly wrong.

Peter's research and personal experience can be summarised as "J.E.R.F." – Just Eat Real Food – what your grandmother ate... If the label shows more than 4 ingredients "it aint broccoli but it's a chemical concoction". In thirteen weeks Peter lost 13 kilograms with, most critically, marked reductions in every previously life threatening marker – Reduced insulin levels (fully cured T2D concern), healthy liver, normal cholesterol levels, normal triglycerides... great sleeping, high energy, no more snoring and gut gone!

How then?

Put simply, Peter focussed on significantly reducing his sugar intake which exists in alarming quantities in all processed foods. "Low Fat" foods are particularly high in sugars. Sugar is the enemy since it leads to insulin resistance and therefore many diseases apart from Type 2 diabetes – also Cardiovascular disease, numerous cancers, organ inflammation, etc.

Peter's diet now is simple yet extremely effective – no rice, no bread, no pasta, no spuds nor cereal. No sugar drinks (inc. juices), limited alcohol (beer and sweet wines are the main offenders). Replace with what Nanna ate – eggs, eggs and eggs, fresh vegetables, fish, grass fed meat and nuts. Full fat dairy – milk and cheese. Save the biscuits Bill Oakley!

Geoff Kneale

What Can You Do?

REDUCE	INCREASE
Sugar	Water
Starches	Fresh Fruit & Veggies
Vegetable Oils (Except Olive oil)	Fish & Meat
Processed Foods	Full fat dairy
"Low Fat" foods	Eggs

Just Eat Real Food - JERF

Our Leadership



**RI President
Barry Rassin**



**DG 9800
Bronwyn
Stephens**



**AG Eastside
Barry
Hickman**



**President
RCNB
Nino Sofra**

Club Diary

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

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



Also attending our Club meeting, were visitors Di Gilles and Rob Nethercote who were promoting International Woman's Day



DROUGHT RELIEF PROGRAM: CLUB VISITS ST ARNAUD

A team from RCNB has visited St Arnaud in the Wimmera as part of our program of support for those in the district impacted by the drought.

The visit was an opportunity for the Club to connect with the local community and with our partners in the program, particularly the Rotary Club of St Arnaud and the Rural Financial Counselling Service (RFCS), which is providing a link to those with particular needs.

The President of RC St Arnaud Greg Fithall and his members welcomed the visit from RCNB which coincided with a Harvest Festival arranged by St Arnaud Young Farmers. This event drew a crowd of hundreds from the town and surrounding district and provided an opportunity for young and old across the community to connect in a relaxed and happy atmosphere. It was a great success.



The RCNB team put their experience in selling raffle tickets to



good use and helped the Young Farmers fund raising efforts for the local hospital selling about six hundred tickets in little more than 15 minutes! The Young Farmers were amazed with the "hit rate", and the selling effort was a good fit with their enthusiasm in organising the Harvest Festival and in line with their motto of "having a crack!".



During the weekend visit to St Arnaud Rob Head and Geoff Haddy had contact with businesses in the town who are participating in our program of providing vouchers for those in need and with Michael White, a Rural Financial Counsellor from the service which is helping RCNB coordinate the program.

The RCNB team also had preliminary discussion with Greg Fithall and his team about providing suitable books, particularly for young people, which could be made available for distribution through the local St Arnaud's Resource Centre.

President Nino Sofra says RCNB's commitment, along with support from RC Balwyn and other sources, reflects part of an ongoing program to help meet a real need in St Arnaud and the surrounding district. This weekend's visit is expected to be the forerunner of further events and visits in the months ahead.

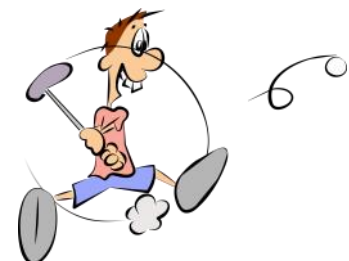
Tony Wells



RCNB GOLF DAY 22 February 2019 - UPDATE

- There are a few player spots still available – please register asap.
- Sponsorship funding is trickling in....only 2 weeks to go!
- Golf Prizes – Could Rotarians bring bottles of wine any Thursday?
- Please contact Greg Matthews or Greg Cribbes

Thanks Greg Cribbes





FOOD FROM 'SECOND BITE' TO CAMCARE.

For the past 12 months our Club members have been providing an important service by picking up surplus boxed food every Thursday morning at 'Second Bite' in Heidelberg West for delivery to Camcare in Camberwell.

The system has worked flawlessly to date but the addition of 5 or 6 more volunteers will spread the workload. This way each volunteer only has, at maximum, one drive every couple of months and a guaranteed backup replacement if required.

We felt it was time to again let Club members who may not be aware of the very limited driving time involved. Some may not realise Camcare's complete dependence on delivery of a guaranteed Food Supply regularly each Thursday – hence our need to arrange backup.

Members use their own vehicle and it is preferable to have a hatch back vehicle to make loading easier.

This could be your chance to contribute to a vital community cause with a minimal time commitment. We hope you can help.

Please contact Garth Symington for more information.

A BRIEF SUMMARY OF THE ROUTINE:

- 1 The food is picked up by us between 8.45am and 9.15am every Thursday.
 - 2 Delivery is by 10.00am to Camcare to allow time for sorting by Camcare staff.
 - 3 Camcare do their distribution at 11.00am to the underprivileged.
- # Travel time: Home > 2nd Bite Pickup > Camcare > Home is approximately a two hour commitment.

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MEETING ROSTERS

Thursday 7 February**BBQ style meal****Greeters:** Bob Bott, Rob Head**Set Up:** Ian Adams, Findley Cornell**Desk:** Eileen Toohill, Garth Symington**Speaker:-** Professor Justin Mariani
Cardiologist**Host:-** Bob Bott**Topic:-** Your Heart. Keeping you alive.
How it cares for you.
How you can care for it.

A/Prof Justin Mariani was trained as a specialist cardiologist in Melbourne at The Alfred, and then completed a PhD at Monash University and the Baker Institute.

This was followed with a Pacing Fellowship at The Alfred, and then an Post-Doctoral Interventional Heart Failure Fellowship in Toronto, Canada.

PS "Justin has even saved a Rotary Member's life".

**Thursday 14 February****Greeters:** Russell Cooper, Peter Cleary**Set Up:** Duncan Ansell, Greg Cribbes**Desk:** George Swanston, Peter Sutherland**Speaker:-** Rithy Ann**Host:-** Rowan McClean**Topic:-** Changing the world.
An inspirational life.

Rithy, a most inspiring man, is a former Buddhist monk who lost his family to the Khmer Rouge. Now Rithy devotes his life to a range of Rotary community sustainability projects.

These projects encompass the provision of clean drinking water facilities, water purification, rain-water harvesting, dam cleaning to eliminate bacterial infestations, fish farming, cow breeding and bamboo production.

Thursday 21 February**Greeters:** Findley Cornell, Barry Cummings**Set Up:** David Cheney, Chris Flavelle Smith**Desk:** Phil Francis, John Gartlan**Speaker:-** Jelena Popovic**Host:-** Rob Head**Topic:-** The Koori Court

Jelena Popovic is the Chief Magistrate of the Koori Court.

Powerful yet respectful, the Koori Court is a division of the Magistrates Court of Victoria but is tailored to the cultural needs of Indigenous offenders, across Victoria,

Aboriginals are now feeling more justly dealt by the legal system as they better understand where our two cultures meet.

Thursday 28 February**BBQ style meal****Greeters:** Steven Greatorex, Robb Head**Set Up:** Brian Lacy, Jeanette Leigh**Desk:** Colin Sharp, David Cheney**Speakers:-** Various RCNB Members**Host:-** Terry Keyhoe**Topic:-** Sydney 2000 Olympics

The 2000 Sydney Olympics goes down as one of the friendliest, most successful Olympics. Perhaps this was due to the RCNB motley crew who invaded the Harbour City under the pretension of volunteers.

But what were the "Real" stories? The embarrassing photos and True Crime escapades revealed.

Birthdays and Anniversaries between February 3 to February 10

Weddings: David and Nina De Garis**Birthdays:** Dianne Goetze, Lachelle Stewart, Anita Swanston, Bev Sofra, Sue McDonald,
Hugo Goetze, Joe Butler**Induction Anniversaries:** Geoff Kneale, Neil Marshall, Anthony Stokes, Sam Hardikar

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 at jane.pennington@bigpond.com

15 February	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1	Greg Cribbes	
	Box Hill	2	Phil Francis	
		3		
		4		
		5		
	Efpos Machine Manager			
23 February	Summer Music Festival		5.30pm to 9.30pm	
Saturday	Anderson Park	1	Jane Pennington	4
	Hawthorn East	2	Bill Oakley	5
		3	Emily Rowling	6
	Efpos Machine Manager			
2 March	Summer Music Festival		5.30pm to 9.30pm	
Saturday	Markham Reserve	1	Jane Pennington	4 Pirozek Family
	Ashburton	2	Bill Oakley	5 Pirozek Family
		3	Emily Rowling	6
	Efpos Machine Manager			
11 March	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Monday	Middleborough Road	1		
	Box Hill	2		
		3		
		4		
		5		
	Efpos Machine Manager			
22 March	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1		
	Box Hill	2		
		3		
		4		
		5		
	Efpos 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	
		4	Jagarth Jayasinghe	
		5		
			Coffee shift 9.00am to 1.00pm	Coffee shift 12.30pm to 4.00pm
		1		
		2		

CAMBERWELL SUNDAY MARKET UPDATE

Hi Everyone,

I am looking for a member or friend to do the 9.45am shifts on 17 Feb. Please step up if you have not volunteered previously - you will enjoy the vibes of the market.

Cheers,

Geoff gwsteinicke@bigpond.com Mob 0418 175 130 (leave a text)



CAMBERWELL SUNDAY MARKET ROSTER – No 21

Sunday	6.45am – 10.00am	9.45am – 1.00pm
3 February	Don Taylor	Estelle Kelly
10 February	Greg Cribbes	Greg Matthews
17 February *	David de Garis	
24 February	Phil Francis	Barry Cummings
3 March	Geoff Haddy	Anthony Stokes
10 March	Bill Oakley	Adam Hillary
17 March +	Jim Romanis	Marcel Muntwyler
24 March	Garth Symington	John Magor
31 March	Rob Head	Janie Pirret
7 April	Nino Sofra	Adam Hillary
14 April	Greg Cribbes	Ian Richardson
21 April Easter Sunday		Tak Yukawa
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	
2 June		
9 June		
16 June		
23 June		
30 June		

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 + Grand Prix 17 March

Rotary Gardens Project

SINCE LAST WEEK some changes to the schedule have been made. In particular MLC have reduced the number of sessions for their students. The revised schedule is below. In due course we will be adding in some *RCNB Only* sessions for small jobs.

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 8 Feb	XC	3.45 – 5pm	R McClean	G Symington, I Glenny
Fri 15 Feb	XC	3.45 – 5pm	R McClean	I Glenny
Sat 16 Feb deleted	MLC	10-noon	G Haddy	S Greatorrex
Fri 22 Feb	XC	3.45 – 5pm	G Haddy	F Cornell
Sat 23 Feb	MLC	10-noon		M Muntwyler, J Pirret
Fri 1 March	CGS, XC	3-5pm	G Cribbes	I Glenny
Sat 2 March deleted	MLC	10-noon		
Fri 8 March	CGS, XC	3-5pm		I Glenny
Sat 9 March deleted	MLC	10-noon		
Fri 15 March	CGS, XC	3-5pm	G Haddy	J Pirret
Sat 16 March	MLC	10-noon		
Fri 22 March	CGS, XC	3-5pm		I Glenny, J Pirret
Sat 23 March	MLC	10-noon	G Haddy	A Stokes
Fri 29 March	CGS, XC	3-5pm	G Cribbes	I Glenny
Sat 30 March new	MLC	10-noon		
SCHOOL HOLS				
Sat 20 April deleted	MLC	10-noon	D deGaris	
Fri 26 April	CGS, XC	3-5pm		I Glenny
Sat 27 April	MLC	10-noon	S Hardikar	
Fri 3 May	CGS, XC	3-5pm	G Haddy	I Glenny
Sat 4 May deleted	MLC	10-noon		S Greatorrex
Fri 10 May	CGS, XC	3-5pm		I Glenny
Sat 11 May	MLC	10-noon		
Fri 17 May	CGS, XC	3-5pm	G Cribbes	
Sat 18 May	MLC	10-noon		
Fri 24 May	CGS, XC	3-5pm		I Glenny
Sat 25 May	MLC	10-noon		
Fri 31 May	CGS	3-5pm		I Glenny
Fri 14 June	XC	3.45 – 5pm	G Cribbes	I Glenny
Sat 15 June deleted	MLC	10-noon		
SCHOOL HOLS				

Please complete as circulated at meetings or advise availability to [Geoff Haddy](#) (until such time as Brian Lacy fully assumes the Coordinator's role).

Geoff's Health Tip

Were we misled into believing saturated fat causes heart disease?

In endeavouring to find the reasons for an epidemic of heart disease in the USA in the 1950s, Ancel Keys, the University of Minnesota academic, and his team travelled the world from Japan to the Netherlands testing men's physical performance and collecting information about their diets. Keys' work was published in a landmark study called the Seven Countries Study.

- The study evaluated a range of diets and concluded there was an association between saturated fat, cholesterol and cardiovascular disease (CVD).
- In 1961, the American Heart Association (AHA) recommended reducing saturated fat and cholesterol intake from foods such as butter, fatty meat, egg-yolks, and full-fat milk and replacing them with low fat equivalents and polyunsaturated seed oils. The work helped define national nutrition guidelines, including those of the Australian Heart Foundation.

Was the science of good quality?

Here are two reasons why Keys' conclusions were faulty:

Cherry picking

- Ancel Keys and his team collected data from 22 countries but cherry-picked data from just seven countries. Cherry picking data is the dishonest situation where a scientist wants to prove an hypothesis so chooses only the data that fits the hypothesis and ignores any conflicting data. France was purposely excluded for this reason.

Observational studies

- Observational studies cannot be used to properly demonstrate that a phenomenon is caused by a specific variable. For example, in countries where heart disease as well as saturated fat consumption is high, other variables like carbohydrate consumption, smoking and activity levels can also affect the rate of heart disease.

"There's something wrong with our strategy"

Four decades passed before any researchers revisited Keys' conclusions. Jeff Volek, a researcher in the Ohio State University's Department of Human Sciences, in the 1990s found that those who follow low-carb, high-fat regimens are healthier and more resistant to diabetes.

Volek said he faced pressures not to question the views held by most nutritionists. Deviation could mean trouble with peer review boards, or even losing consideration from funding sources like the National Institutes of Health.

Geoff

<u>Meeting No.29</u>	Thursday, 31st January 2019
<u>Present:</u>	
Guest Speaker	1 Dr Peter Brukner - Co-Founder of Sugar by Halves
NB Members	46
Visiting Rotarians	2 Di Gillies & Rob Nethercote. Promoted IWD B'fast before meal & Left.
Partners	1 Kris Walters.
Guests	2 David & Pauline Eccleston - Directors of Sugarbyhalves.
Members Present 42 = 63.9% ; M/ship = 72 Apols - LOA = 3, On-time = 25. Two apols turned up.	
<u>External Activities</u>	5 <u>2nd Bite delivery to CamCare</u> - 24th Jan. Garth Symington
(Board Approved)	<u>Work at Fairshare</u> - Larry Fitzpatrick.
<u>Camberwell Sunday Market</u> - Janie Perrit & Don Taylor. 'BBQ Catering. - Next event on 15th Feb.	
<u>Gardening Project</u> restarts in 2 weeks. <u>Surveys</u> by Geoff Haddy - 29th Jan.	
	<u>School Reading Program</u> starts in next week.
<u>Absence for rosters</u>	Angleton, Behzadnia, Koa, Liao, McBride, Thomas & Wilkins

Book Today! www.RotaryIWDbreakfast.org.au

Women *in* Rotary 

INTERNATIONAL WOMEN'S DAY BREAKFAST

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How long should I let my child play?
How do I know which games are good for my child?
How do I keep my child safe from harm?

This **FREE** session will provide parents with practical strategies and relevant advice that can be used to keep video games fun, safe and healthy for their children.

Key topics will include:

- why video games are so captivating
- opportunities and benefits associated with gaming
- cyber-safety tips
- how video games fit in today's youth culture
- differences between problematic and normal gaming behavior
- whether playing violent video games leads to increased aggression in real life
- local support available to parents if needed.

This empowering session will be presented by
Steven Dupon, Director of the Institute of Games
 and **founder of videogames.org.au.**

**FREE
EVENT**

If you would like to attend this event and have specific access, communication or dietary requirements, please contact
Clara Yip on **9278 4439** by **Thursday 7 February 2019.**

Who

Parents of children aged between 8-12 years old

When

Tuesday 12 February 2019

Time

7pm to 8.30pm

Where

Camberwell Civic Precinct
 Boroondara Room
 8 Inglesby Road, Camberwell

Bookings essential

www.boroondara.vic.gov.au/videogames

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

*Bakers
Delight*