



MEETING REPORT

Last meeting we were privileged to hear Winita Hardikar recount her life journey, having been born in Pune, India and then moving with her family to Australia as a four year old.

Her family eventually settled in Kew and she attended Kew High School before commencing her tertiary studies.



Winita graduated with a Bachelor of Medicine and Bachelor of Surgery from Melbourne University in 1983 and completed her paediatrics and clinical gastroenterology training at the Royal Children's Hospital.

She was awarded a National Health and Medical Research Council scholarship to complete her PhD at Melbourne University. She was then awarded a Fulbright Scholarship to undertake post doctoral studies at Yale University where she spent three years furthering her studies.

Today, Professor Hardikar is one of the country's leading liver transplant specialists and has been Head of Liver and Intestinal Transplantation at the Royal Children's Hospital since 2013 and Director of Gastroenterology and Clinical Nutrition since 2016.

She also holds appointments at the Victorian Liver Transplant Unit, Austin Hospital, Melbourne University and Murdoch Children's Research Institute

In our most recent Honours List, Winita was awarded the Australia Medal *For significant service to medicine, particularly to paediatric liver disease and transplantation.*

Winita is married to our fellow member Sam and they have two children.

It was a most inspiring address of the personal journey of such a dedicated, accomplished and acclaimed medical specialist – truly a leader in her field who has worked diligently over many decades to deliver positive outcomes for critically ill children inflicted with liver and intestinal problems.

Jim Studebaker



Host for the meeting, Jim Studebaker with Professor Winita Hardikar MBBS, FRACP, PhD, FAASLD, AM

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

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 11 July Greeters: Greg Matthews, 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, Neil Marshall Set Up: George Swanson, Eileen Toohill Desk: Tony Hart, Jeanette 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 Merrett Host:- TBC Topic: 1958 Grand Final

Meeting No.2

Thursday, 4th July 2019

Present:

Guest Speaker 1 Winita Harkikar AM - My Journey through life as a Paediatric Specialist.

NB Members 44

Visiting Rotarians 1 Judy Macauley RC Terry Hills (Sydney)

Partners 2 Heather Matthews, Melissa Maitland-Smith

Guests 1 David Macauley (husband of Judy)

Alumni 0

Members Present 44 = 60.3% ; Membership now = 68

Apologies - On Time = 12, Late =1, LOA = 11.

External Activities 15 CAMBERWELL Sunday Market, 30/6 - Brian Lacy & Tak Yukawa.(Board Approved) SCHOOLS' READING PROJECT - Schools vacation.2nd BITE delivery to CamCare, 4/7 - Garth Symington. FARESHARE - Larry Fitzpatrick.MEN's SHED 2 & 4/7 - David Cheney, Peter Elliott (2), Tony Hart, Greg MatthewsGARDENING PROJECT - Geoff Haddy & Garth Symington.BBQ CATERING 29/6 - Greg Cribbes, Jagath J, Bill Oakley (2), Jania Pirret, Brian Lacy.Sue McDonald - RC Box Hill Central 30/6; Bill Oakley - RC Melton 2/7 ; Greg Ross - RC Yea.

Apologies for 11th July - LOA = 11 plus 12 apologies = 23 so far.

Birthdays and Anniversaries between July 8 to July 14

Weddings: Nil

Birthdays: Barry Cummings, Peter Cleary

Inductions: Nil

Geoff's Health Tip

Medicinal Cannabis may be a Safe, Plant-based Option for Easing Pain

Many years ago, a young doctor in general practice spoke to our Rotary club about his medical experiences. He said the major problem he found difficulty in treating was pain - recurring chronic pain, for which he had no satisfactory answer.



Fifty years ago, patients presenting with recurring pain were given aspirin or paracetamol for primary relief, but these proved incapable of treating chronic pain. Today there are over 1,000 compounds available to treat pain including the heroin-linked opioids, of which oxycodone is universally prescribed. However, sufferers of chronic pain have been faced with a perilous decision—risk a crippling addiction to opioids or find a way to live with the pain.

Of late, people have illegally used medicinal cannabis to treat chronic pain. The reason it is illegal is that marijuana is classified as a Schedule 1 controlled substance, as it is a mood-altering drug that affects almost every organ in the body. As a result there has been little or no research into its ability to treat chronic pain.

A comment I read recently exposed the lack of research on medicinal cannabis when it was revealed that the US is 100 years behind in its research on natural cannabis (marijuana), but in Europe researchers have focused on medicinal cannabis as an alternative to opioids for some time, and the results may be a turning point towards a safe, plant-based option for easing pain.

Cannabis researchers at the University of the Negev in Israel found significant improvement in pain management:

- * At six months of cannabis treatment, 93.7% reported improvement in their condition and also reported their pain level was reduced from a median of 8 on a scale of 0–10, to a median of 4.
- * **Medicinal cannabis decreased the use of prescription medicines, including opioids.**

In Australia, unapproved medicinal cannabis products that are supplied or manufactured here must conform with the Therapeutic Goods Standard that specifies minimum quality requirements for medicinal cannabis products.

In summary, if you or a loved one are currently taking opioids for the relief of chronic pain, discussion with your doctor on medicinal cannabis, that meets the Australian Therapeutic Goods Standard, might be an option

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.

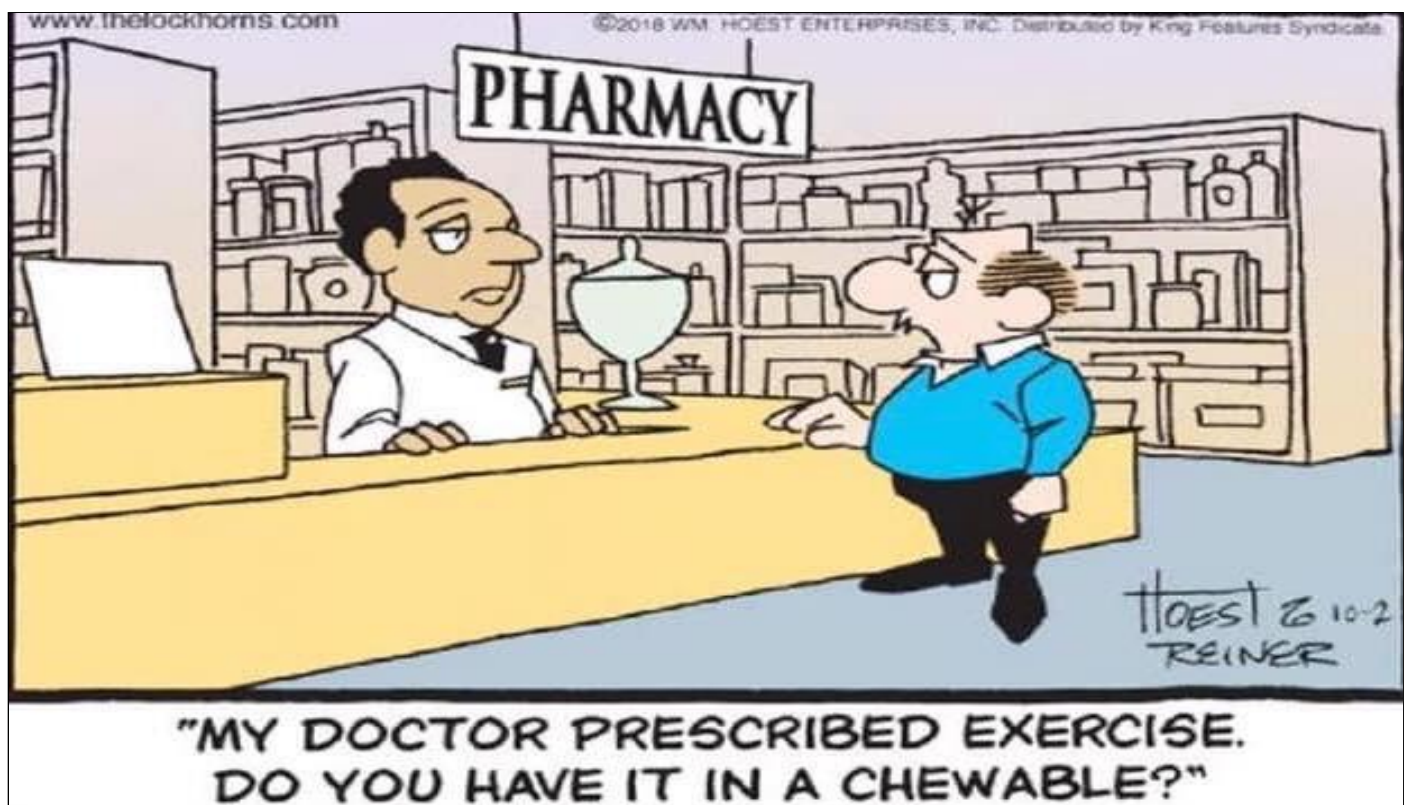
Registration opens 1 July www.rotaryconference.org.au

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



Boroondara Men's Health Forum



Presented by the Boroondara Sheds - Nth Balwyn,
Hawthorn , Alamein and Kew.
Come and hear an important men's health message.

Thursday 18 July 1pm

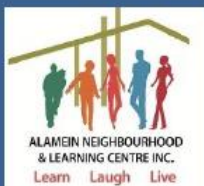
The Blackwood Room, Boroondara Council

8 Inglesby Rd Camberwell

Refreshments will be provided

Further information contact Stuart Milligan

Alamein Men's Shed 98859401



TRACHOMA FACTS AUSTRALIA, 2019



We are seeing less!

Trachoma was eliminated from mainstream Australia 100 years ago, and since 2008 it has dropped from over 20% of children in at-risk remote Aboriginal communities, to just under 5%



We are seeing less trichiasis

This painful and potential blinding condition of inturned eye lashes reduced by over half among Aboriginal Australians living in remote communities between 2010 and 2015, from 2.1% to 0.9%



We are seeing less at-risk communities

There has been a steady decline in the number of communities at risk of this infectious disease, from 244 classified communities in 2010, to 130 in 2017, as reported by each of the states and territory



Was trachoma introduced to Australia through settlement?

It may have been introduced, but a couple of studies suggest trachoma could have pre-dated European settlement. Either way, it should not exist as a problem in our country today



We need to improve the living standards of our least advantaged communities

Trachoma disappeared from many countries not because of regular antibiotic use, but because of improved hygiene and sanitation



Strong collaboration is needed

Health, housing and education working together will ensure that families have the life education they need to build strong futures

Clean faces will eliminate this disease

WWW.ENDTRACHOMA2020.ORG.AU

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
11	July	Jim Studebaker	
18	July	Jim Studebaker	
25	July	Hugo Goetze	
1	Aug	Geoff Haddy	Garth Symington
8	Aug	Steven Greatorex	Hugo Goetze
15	Aug		Hugo Goetze Geoff Haddy
22	Aug		Hugo Goetze Geoff Haddy
29	Aug	Garth Symington	Hugo Goetze Geoff Haddy
5	Sept	Greg Cribbes	Geoff Haddy
12	Sept	Greg Cribbes	Geoff Haddy Garth Symington
19	Sept		Geoff Haddy Garth Symington
26	Sept		



CAMBERWELL SUNDAY MARKET ROSTER – No 46

Sunday	6.45am – 10.00am	9.45am – 1.00pm
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	Barry Cummings

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

Geoff Steinicke Mob 0418 175 130 email 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	David Cheney	
		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		

Rotary Gardens Project

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 19 July	CGS, XC	3-5pm	G Haddy	I Glenny
Fri 26 July	CGS, XC	3-5pm	G Symington	I Glenny, J Perrit
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	Colin Sharp	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 Lele	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	R Head
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 HOLDS				
Fri 11 Oct	XC	3.45 – 5pm		E Kelly
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 Neil Marshall (0447 483 493 or email neiltric@yahoo.com.au)



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

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 2019/20

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