



## MEETING REPORT

At our meeting Major Sponsors from the Golf Day and Grand Prix joined Members and Guests in hearing from renowned Australian public mental health researcher Dr Laura Hart.

Mental illness can affect every aspect of our lives. The number of school students suffering from diagnosable mental illness is profound and not enough young people seek help. Some 35% try and deal with it on their own and don't even talk confidentially with their local GP.

Mental Health First Aid, an Australian program now seen in 25 countries and growing, including USA, Canada and England, helps identify and support those suffering mentally. Teen MHFA, aimed at secondary school students, includes classroom presentations and lots of activities.

Laura showed a brief video called 'Mate,' which is used to engage students in their discussions, helping them to look for warning signs in friends (thoughts, behaviours, feelings), then asking, listening and supporting their mates. Laura also highlighted the value of getting a suitable adult involved.

In general terms, those experiencing mental disability find it harder to maintain friendships and often have workplace and serious alcohol problems. Importantly, Laura told us that research now shows it is effective to ask someone suffering, 'Are you thinking about suicide?' The question itself does not promote suicide. If the person says yes, then it is important to stay with them and listen without judging. If the situation is very serious, get help immediately, such as by taking them to a hospital or even calling for an ambulance or the police.

The presentation covered only one aspect of Dr Hart's ongoing research and, in answering many questions, her knowledge and understanding of public mental health issues was obvious ... as is her support of Australian Rotary Health. Thank you, Laura, for a brilliant and important address.

*Thanks to Greg Ross (Host) for the report*



## Our Leadership



RI President  
Barry Rassin



DG 9800  
Bronwyn  
Stephens



AG Eastside  
Barry  
Hickman



President  
RCNB  
Nino Sofra

## MEETINGS THURSDAYS

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

## 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](mailto:apologiesrcnb@gmail.com)

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

## MEETING ROSTERS

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

<b>Friday 28 June</b> <b>Greeters:</b> Janie Pirret, Don Taylor <b>Set Up:</b> Jim Studebaker, Jane Pennington <b>Desk:</b> David de Garis, Ted Wilkins	<b>Host:-</b> President Nino Sofra
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<u>Meeting No.47</u>	<b>Thursday, 6th June 2019</b>
<b><u>Present:</u></b>	
Guest Speaker	1 Dr Laura Hart - Recipient of ARH Grants - TEEN Metal Health.
NB Members	45
Sponsors	8 Susan Barbour (Baugartners); Jeremy Desnier (Fletchers); Tony Cant, Manuel Hanna & James McGuinness (Romanis Cant); Paul Percy and Dan Lee (Kieser MontAlbert); David Winter (Bread Street).
Guests	2 Jeff Amornpitakpant & Ricky Morgan - Greg Ross
Alumni	2 John Burley. FofR Inductee Mala Desai.
	Members Present 45 = 64.4% ; Membership = 70
	Member Apologies (on time) = 15, LOA = 9, late apologies = 1
<b><u>External Activities</u></b> 24 'CAMBERWELL Sunday Market 2/6 - Neil Marshall & Nino Sofra.	
(Board Approved) <u>SCHOOLS' READING PROJECT</u> 4/6 - E.Kelly, B.Oakley, J.Pirret, N.Sofra & P.Wade.	
<u>GARDENING PROJECT</u> , 31/5 - Janie Pirret, Neil Marshall, Rowan McClean (& 4/6)	
<u>2nd BITE delivery to CamCare</u> , 6/5 - FofR Reg Parsons; <u>DIK P Sutherland</u> . <u>FARESHARE</u> - J Pennington;	
<u>MEN's SHED 28/5 &amp; 30/5</u> - David Cheney, Peter Elliott (2), Tony Hart (2), Greg Matthews & Garth Symington	
<u>CATERING BBQ with RC Kew</u> 4/6 - Bill Oakley, Ian Richardson & Nino Sofra <u>Vietnam Vets</u> 6/6 Rowan McClean	
Apologies for Thurs 13th June :- 10 LofA and a further 8 apologies.	

## Birthdays and Anniversaries between June 10 to June 16

<b>Weddings:</b>	Adrian and Nadia Ranson
<b>Birthdays:</b>	Adam Hillary, Tony Hart, Maurie Walters
<b>Inductions:</b>	Greg Cribbes, Rowan McClean, Findley Cornell, Larry Fitzpatrick, Chris Flavelle-Smith Joe Butler, Don Taylor

## Geoff's Health Tip

### Medicinal Mushrooms

"We are living longer", so they say, however a large percentage of this ageing population will have at least one chronic health-related disease, with Alzheimer and neurodegenerative diseases high on the list.

In China, complementary and alternative medicine is permitted as an alternative therapy for life-debilitating diseases, and mushroom nutraceuticals or mushroom functional foods are part of Chinese neurodegenerative disease management. However, many of the studies on the efficacy of medicinal mushrooms are based on animal studies (usually in mice) or cultured cells.

When it comes to cuisine, the Button mushroom, Portabello and the Porcini are well known to us as they regularly appear in pasta and salads. On the other hand there are other mushrooms that are of such unusual, dare I say ugly, appearance that they can be off-putting, however some of these show interesting medicinal benefits. One such mushroom that has shown benefits in animal studies is the Lion's Mane.

Lion's Mane is the only mushroom possessing not one but two potent nerve growth factors, showing potential benefits for Parkinson's and Alzheimer's diseases, mild cognitive impairment, multiple sclerosis, leg cramps and anxiety.

Thus far, evidence exists that Lion's Mane mushroom confers the following health benefits:

- \* Improved cognitive function
- \* Nerve regeneration and remyelination
- \* Improved digestive function
- \* Immunosupportive, anti-inflammatory, antioxidant
- \* Anticoagulant; mild ACE inhibitor; improved lipid profile.



The science about Lion's Mane is in its infancy, but evidence already points to unparalleled therapeutic benefits for numerous diseases of the central and peripheral nervous system.

Animal studies suggest that Lion's Mane mushroom and its extracts are very safe, even at high doses. However, allergic reactions in humans have been reported, so anyone with a known mushroom allergy should avoid it.

Lion's Mane mushrooms are farmed in the Yarra Valley and should be available in Organic grocer stores or at Farmer's Markets. Geoff

**2019/2020 ENTERTAINMENT BOOK**

**2019/2020 ENTERTAINMENT BOOK**

Contact Geoff Steinicke at [gwsteinicke@bigpond.com](mailto:gwsteinicke@bigpond.com) or Mobile 0418 175 130

## Make way for 2019 | 2020 Entertainment Memberships!

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

**Purchase your 2019 | 2020 Entertainment Membership!**





**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](http://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](http://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
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	
1	Aug	Geoff Haddy	Garth Symington



### CAMBERWELL SUNDAY MARKET ROSTER – No 42

Sunday	6.45am – 10.00am	9.45am – 1.00pm
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	Colin Sharp
1 September		

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

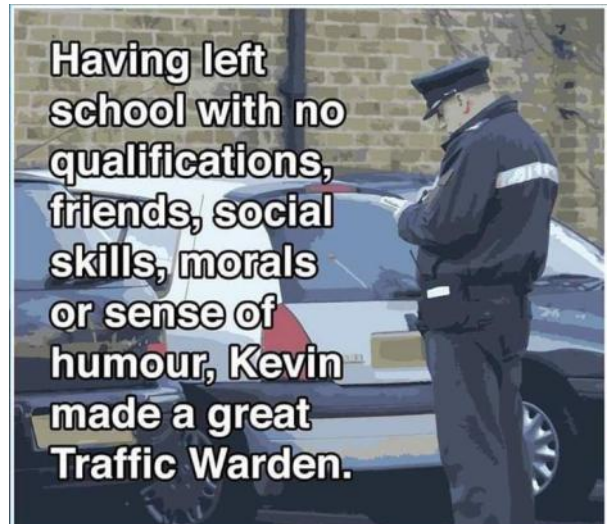
Catering is one of major fundraising activities - help is always wanted!! so if you can help at any of the following, please email: [admin@rotarynorthbalwyn.com.au](mailto:admin@rotarynorthbalwyn.com.au)

<b>22 June</b>	<b>Maserati Club</b>		<b>7.30am to 11.30am</b>	<b>11.00am to 3.00pm</b>
<b>Saturday</b>	<b>Sandown</b>	1	Jagath Jayasinghe	
		2	Sandy Jayasinghe	
		3		
		4		
		5		
<b>23 June</b>	<b>Reclink</b>		<b>10am to 2pm</b>	<b>1.45pm to 6pm</b>
<b>Sunday</b>		1	Jagath Jayasinghe	
		2		
		3		
		4		
		5		
		6		
		7		
		8		
<b>29 June</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Saturday</b>	<b>Middleborough Rd</b>	1	Bill Oakley	Bill Oakley
	<b>Box Hill</b>	2	Greg Cribbes	Brian Lacy
		3	Jagath Jayasinghe	Janie Pirret
		4		
		5		
	<b>Eftpos M/c Manager</b>			
<b>13 July</b>	<b>Miniatures</b>		<b>8.30am to 12.30pm</b>	<b>12.00pm to 4.00pm</b>
<b>Saturday</b>	<b>Glen Waverley</b>	1	Jane Pennington	Barry Cummings
		2		Kristine McDonell
		3		Jane Pennington
		4		
		5		
		6		
		7		
		8		
<b>14 July</b>	<b>Miniatures</b>		<b>8.30am to 12.30pm</b>	<b>12.00pm to 4.00pm</b>
<b>Sunday</b>	<b>Glen Waverley</b>	1	Jane Pennington	Jane Pennington
		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 HOLDS				
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 HOLDS				
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](#)



## 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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**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*