

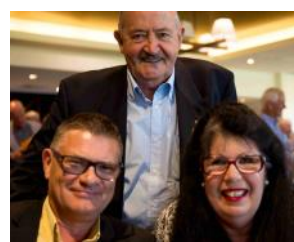


MEETING REPORT



Our speaker was Cardiologist Professor Justin Mariani and our host for the evening was Bob Bott.

Barry Cummings and Kristine McDonnell with their guest Glenn Stevens.



Our Leadership



RI President
Barry Rassin



DG 9800
Bronwyn
Stephens



AG Eastside
Barry
Hickman



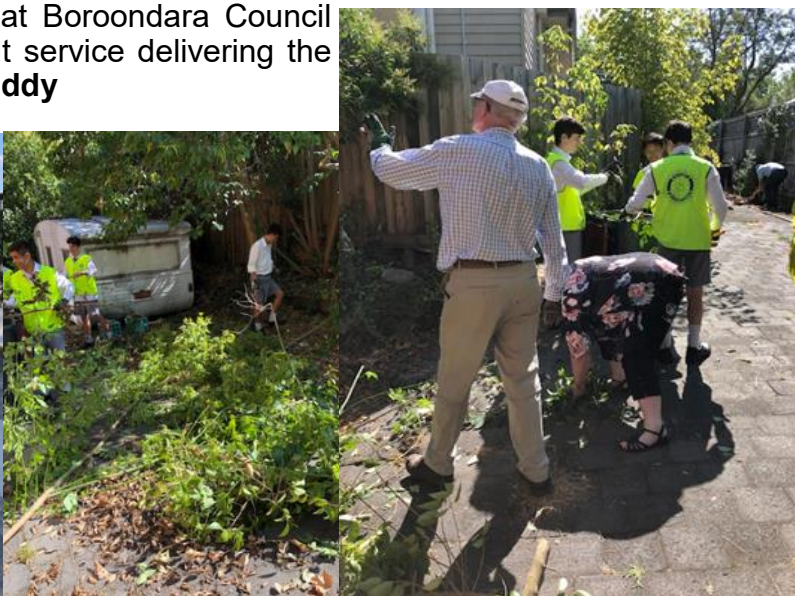
President
RCNB
Nino Sofra

Gardens Project

After the extended Christmas break our Community Service Gardens Project resumed last Friday with the help of Xavier students guided by Rowan McClean, Garth Symington and Friend-of-Rotary Ian Glenny.

The team made an impressive start at a challenging property which will require several return visits before the task is complete. They worked hard reducing overgrown trees and shrubs, and filled eleven garden bins in just over an hour.

Once again, our friends at Boroondara Council are providing an excellent service delivering the bins we need. **Geoff Haddy**



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/)
<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

MEETING ROSTERS

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, Rob 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 presence of volunteers.

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

Thursday 7 March

Greeters: Estelle Kelly, John Magor
Set Up: Imre Lele, John McBride
Desk: Findley Cornell, Geoff Steinecke

Speaker:- Graeme Alford

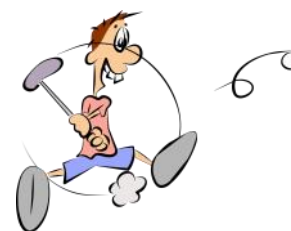
Host:- Ian Mollison

Topic:- Senior Executives Under Stress

RCNB GOLF DAY 22 February 2019 - UPDATE

- There are a few player spots still available – please register asap.
- Sponsorship funding is trickling in....only 1 week to go!
- Golf Prizes – Could Rotarians bring bottles of wine next Thursday?
- Please contact Greg Matthews or Greg Cribbes

Thanks Greg Cribbes

**Birthdays and Anniversaries between February 11 to February 17**

Weddings: Ian and Joan Richardson

Birthdays: Janina Rowe

Induction Anniversaries:

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

| | | | | |
|--------------------|-------------------------------|---|-------------------------|-----------------|
| 23 February | Summer Music Festival | | 5.30pm to 9.30pm | |
| Saturday | Anderson Park | 1 | Jane Pennington | 4 Janie Pirrett |
| | Hawthorn East | 2 | Bill Oakley | 5 |
| | | 3 | Emily Rowling | 6 |
| | Eftpos 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 Eileen Toohill |
| | Eftpos 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 | | |
| | Eftpos 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 | | |
| | Eftpos 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 | | |

| | | | | |
|-----------------|-------------------------------|---|--------------------------|--------------------------|
| 20 April | Bunnings | | 8.30am to 12.00pm | 12.00pm to 4.00pm |
| Saturday | Middleborough Rd | 1 | Sarah Hurst | |
| | Box Hill | 2 | Sandy Jayasinghe | |
| | | 3 | Jagarth Jayasinghe | |
| | | 4 | Emily Rowling | |
| | | 5 | Tess Rowles | |
| | | 6 | Emily Melinyk | |
| | Eftpos Machine Manager | | | |

RCNB Transfer of food from 2nd Bite to Cam Care.

Food is picked up from **2nd Bite** between **8.45-9.15 am** every Thursday and deliver by **10.00 am** to **Camcare** for sorting by staff for their **11.00 am** distribution to the underprivileged.

Travel time is around **2** hours.

| Date | Volunteer Driver | Team Members NOT available. |
|------------------|------------------|-----------------------------|
| 14 February 2019 | Geoff Haddy | |
| 21 February 2019 | Jim Studebaker | |
| 28 February 2019 | Garth Symington | |
| 7 March 2019 | Hugo Goetze | |
| 14 March 2019 | Geoff Haddy | Garth Symington |
| 21 March 2019 | Greg Cribbes | |
| 28 March 2019 | Rob Head | Geoff Haddy |
| 4 April 2019 | Garth Symington | |
| 11 April 2019 | Hugo Goetze | Geoff Haddy |
| 18 April 2019 | | |
| 25 April 2019 | | |
| 2 May 2019 | | |
| 9 May 2019 | | |
| 16 May 2019 | | |
| 23 May 2019 | | |
| 30 May 2019 | | |
| 6 June 2019 | | |
| 13 June 2019 | | |
| 20 June 2019 | | |
| 27 June 2019 | | |



AUSTRALIAN
COMPETITION
& CONSUMER
COMMISSION



SCAMWATCH

Warning about 'emergency' text messages

Scamwatch is warning members of the public about a spate of text messages asking for emergency assistance. These messages are coming from phone numbers not in your mobile contacts. For example, the text message might read, 'Please call me back right away. It is an Emergency I need your help!'

People who have called the number back report being verbally abused by a recording on the other end. This is a new and emerging issue. While people have not yet reported losing money as a result of these calls, you may find the content of the recording distressing. Scamwatch therefore advises that you exercise caution or do not respond to these text messages.

People can follow [@scamwatch](https://twitter.com/scamwatch) [gov\(link is external\)](https://gov.au/link-is-external) on Twitter and subscribe to [Scamwatch radar alerts](#) to get up-to-date warnings.



CAMBERWELL SUNDAY MARKET ROSTER – No 23

| Sunday | 6.45am – 10.00am | 9.45am – 1.00pm |
|------------------------|------------------|-------------------|
| 17 February * | David de Garis | Peter Elliott |
| 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 | Russell Cooper |
| 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

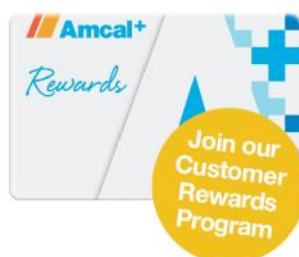
Greythorn Amcal+ Pharmacy

Open 7 days

Monday to Friday 9am-7pm
Saturday 9am-4pm
Sunday 10am-1pm

- MyCompounder compounding lab
- CPAP Network sleep apnoea services
- The Salon beauty studio

297-301 Doncaster Rd, Balwyn North
P: 9857 7363 F: 9857 9244
E: greythorn@amcal.net.au
greythornamcalpharmacy.com.au



Amcal+
Expert advice for every Australian.

Sign outside a Church ..



Rotary Gardens Project

There are still spots to fill, especially on Saturdays. Your help will be appreciated.

| Date | School | Time | RCNB Supervisor | Assisted by (1 or 2 pls.) |
|--------------|---------|------------|-----------------|-------------------------------|
| Fri 15 Feb | XC | 3.45 – 5pm | R McClean | I Glenny |
| Fri 22 Feb | XC | 3.45 – 5pm | G Haddy | F Cornell |
| Sat 23 Feb | MLC | 10-noon | P Elliott | M Muntwyler, J Pirret |
| Fri 1 March | CGS, XC | 3-5pm | G Cribbes | I Glenny |
| Fri 8 March | CGS, XC | 3-5pm | R McClean | I Glenny |
| Fri 15 March | CGS, XC | 3-5pm | R McClean | J Pirret, G Haddy |
| Sat 16 March | MLC | 10-noon | | |
| Fri 22 March | CGS, XC | 3-5pm | G Symington | 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, I Adams (at Eva T) |
| Sat 30 March | MLC | 10-noon | | K Walters, B Ormerod (C'care) |
| SCHOOL HOLS | | | | |
| Fri 26 April | CGS, XC | 3-5pm | | I Glenny |
| Sat 27 April | MLC | 10-noon | S Hardikar | + B Ormerod (C'care) |
| Fri 3 May | CGS, XC | 3-5pm | G Haddy | I Glenny |
| 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, I Adams (at Eva T) |
| 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 |
| 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).

Staying safe on the road as you age

As we age, our abilities to perform certain tasks change. This is particularly true when it comes to driving, with older adults being more likely to commit traffic offences and get into accidents than young people. **According to the Transport Accident Commission of Victoria**, drivers aged 75 years or over have a higher risk (per distance travelled) of being killed in a crash than any other age group.

But does increased risk mean you have to give up being behind the wheel?

Everyone ages differently, so there's no arbitrary cut-offs as to when you should stop driving. As a general rule, monitor your own health and if you feel your health worsening, consider limiting your driving time or giving up the keys altogether. Remember, taking a step back from driving doesn't have to mean giving up your independence, it merely means you're taking steps to protect yourself and those around you.



Top 5 tips for safe senior driving

1. Take charge of your health with regular check-ups, good sleeping patterns, regular exercise and a healthy diet.
2. Find the right car and keep it in good working condition by visiting your mechanic for scheduled maintenance.
3. Drive defensively – which means leaving greater space between you and the vehicle in front, paying extra attention at intersections, and avoiding distractions such as maps, GPS and mobile phones.
4. Know your limitations and if driving on busy roads, at night or in poor weather makes you uncomfortable, don't do it.
5. Listen to the concerns of others. If relatives, friends, or others begin to question your driving capabilities, it may be time to take a hard, honest look at your driving.

See the full article which has very good advice at: <https://www.seniors.com.au/news-insights/staying-safe-on-the-road-as-you-age?>

Geoff's Health Tip Talc

I was 19 when I completed a Diploma in Chemistry at Swinburne Technical College. One of the final year subjects was titled 'Fats and Oils'. It was such an interesting subject that most of the 15 students in their final year sought positions with food companies (chocolates), petroleum, waxes (polishes), soaps, and the paint and varnish industry. My first job was at Glazebrooks Paints in Port Melbourne. Some of my readers may remember this company.

Paints contain pigments that are opaque (zinc oxide and titanium dioxide), mineral earths including silicates (such as quartz, kaolin, talc), and an oily vehicle, such as linseed oil. These materials are loaded into a ball mill that is rotated to grind the pigments and silicates into a fine dispersion.

One day, at the invitation of the Sales Manager, I visited a supplier company that mined mineral earth deposits, including talc, in Victoria and South Australia. The crude ore was then transported to their factory in Bay Street, Port Melbourne, where it was ground, sieved and bagged for use by paint, pottery, cosmetic, and pharmaceutical companies.

I stood outside the factory door with the Sales Manager and, looking inside, could barely see the workmen for the dust. The Sales Manager said "these workmen will be dead by the time they reach 40". I was shocked, "why?" I asked. He said "they will die quickly from asbestosis or suffer for years with silicosis of the lungs". Such is the nature of mines that talc and other deposits are rarely free from intruding minerals, in the worst case asbestos.

When inhaled or ingested, asbestos fibres work their way into the lining of the lungs, abdomen or heart. Over a period of 10 to upwards of 50 years, the fibres can cause inflammation and scarring, which can eventually develop into mesothelioma tumors or other related conditions.

Talc is a magnesium silicate with a nice slippery feel. The US company Johnson & Johnson used this quality to create a virtual world-wide monopoly with their talcum baby powder. However, of late, there have been several court cases in which claims that talc, with traces of asbestos, is believed to increase the risk of uterine cancer. These cases have resulted in the complainants being compensated to the extent of millions of dollars.

Whilst these cases show there is a possibility of the presence of toxic material in talc, you cannot ignore the possibility of silicosis from inhaling silicate laden dust produced when cutting or grinding stone, slate, bricks, ceramics and even concrete.

The take-home message is: use talcum powder wisely, and if cutting or grinding any hard stone-like materials, wear a mask.

Geoff

Meeting No.30

Thursday, 7th February 2019

Present:

| | | |
|--------------------|----|---|
| Guest Speaker | 1 | Prof. Justin Mariani - Cardiologist |
| NB Members | 54 | |
| Visiting Rotarians | 1 | Jim Donnelly - RC Melbourne |
| Partners | 2 | Carmel Bott & Kristine McDonell |
| Guests | 2 | PNM II Cris Yudi (Ian Adams), Glenn Stevens - Barry Cummings. |
| Alumni | 0 | |

Meals Served 60 Members Present 54 = 75% ; Membership = 72

Apologies = 15, LOA = 2, No-Show = 1

External Activities : 18 2nd Bite delivery to CamCare - 7th Feb. Imre Lele

(Board Approved)

Camberwell Sunday Market - Estelle Kelly, Don Taylor.

St Arnaud Drought Relief Project & Young Farmer Harvest Festival P.Cleary, P.Francis, G.Haddy

R.Head, G.Matthews, B.Oakley, N.Sofra & T.Wells, Fareshare - Jane Pennington

Rowan McClean - RC Balwyn, Brighton & Cowes, CamCare, Gardening, Golf Day Sponsorship

Book Today! www.RotaryIWDbreakfast.org.au

Women *in* Rotary 

INTERNATIONAL WOMEN'S DAY BREAKFAST

THURSDAY 7 MARCH 2019

PALLADIUM AT CROWN

Brought to you by the Rotary Club of Brighton North
& The Rotary Club of Melbourne



SAVE \$10 EARLY BIRD TICKETS ONLY \$70 EACH / TABLE OF 10 \$685

MC

Moderator

Our Expert Panel will Discuss Diversity, Gender Equity and Inclusion in the Workplace. You'll be Inspired. Guaranteed!



Josh
Earl



Catherine
Fox



Fiona
Patten MP



Rob
Hulls



Kristen
Hilton



Josh
Bornstein



Dr. Emma
Burrows

\$900 CORPORATE TABLE OF 10

\$790 STANDARD TABLE OF 10 - SINGLE TICKET \$80 - STUDENTS: \$55

6.30am for 7.00am start. Finishes promptly at 9am. FREE parking in the multi-deck carpark.

PRESENTING PARTNER



MAJOR SPONSORS



INKIND SPONSOR



PROCEEDS GO TO SELECTED CHARITIES





THE IMPACT OF VIDEO GAMES

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/ |
| | 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 | | |

CHRIS CROSS

Landscape and Garden Supplies
Call Us (03) 9859 2666

We deliver anywhere!



**FIREWOOD
NOW
AVAILABLE**



We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.



helloworld
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*