



### MEETING REPORT OF OUR CLUB'S 39th BIRTHDAY CELEBRATION

The Celebrations began with a Toast to the Club by Geoff Steinicke.

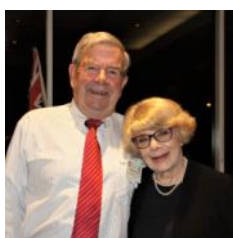
Later in the evening, President Nino and Areta Hurnard cut the birthday cake.



The Celebrations continued with the awarding of Paul Harris Fellow Recognitions. In order [left to right], Imre Iele, Andrew Steinicke [Sapphire] and Geoff Kneale received their Paul Harris Fellow's from President Nino while PDG Jim Studebaker presented Greg Ross with a Ruby PHF Recognition.



We welcomed our newest Member, Jagarth Jayasinghe, who was presented with his Rotary badge by Tak Yukawa. Also present at the Celebrations were [left to right], our outgoing Mongolian Exchange Students with Peter Downton and Estelle Kelly, Past Member Ron Liner, Sergeant Greg Matthews with Past Member Elizabeth Hall and avid supporter of our Gardening Project, Ian Glenny with his wife Anne.



### Our Leadership



RI President  
Barry Rassin



DG 9800  
Bronwyn  
Stephens



AG Eastside  
Barry  
Hickman



President  
RCNB  
Nino Sofra

### Club Diary

Polling Booth BBQ May 18

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 at the prior meeting if you know in advance.

Or E-mail to Bronwen Dimond at

[bddimond@yahoo.com.au](mailto:bddimond@yahoo.com.au)

or mobile 0412522830

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 ROSTERS

**Thursday 16 May****Greeters:** Colin Sharp, Geoff Steinicke**Set Up:** Barry Cummings, Larry Fitzpatrick**Desk:** Peter Elliott, Terry Keyhoe**Speaker:-** Dr Lena Ly**Host:-** Brian Lacy**Topic:-** Prevention and treatment of skin cancers

Dr Lena Ly is a Victorian trained dermatologist who obtained her Fellowship title with the Australasian College of Dermatologists (FACD) in 2017.

Dr Ly currently holds positions as a consultant dermatologist at Eastern Health (Box Hill), Monash Medical Centre, and Alfred Hospital (Victorian Melanoma Service).

Dr Ly has a wide range of interests including adult and paediatric skin hair and nail disorders and contact allergy.

She has published widely in peer reviewed journals in her field. She is passionate about providing holistic individualised care to her patients.

**Thursday 23 May****Greeters:** George Swanson, Garth Symington**Set Up:** Sue McDonald, John Magor**Desk:** John Koa, John McBride**Speaker:-** Graeme Alford**Host:-** Ian Mollison**Topic:-** Senior executives under stress.

With decades of experience, Graeme mentors and guides some of Australia's biggest "falls from grace".

Breathing life back into executives and some of Australia's sports stars who have needed to re-purpose and take control of their lives.

Graeme is the CEO of Complex Consultancy Services which provides OH&S solutions for the "white collar industry."

His speciality is Bullying, Cyber Bullying and Workplace Harassment.

**Thursday 30 May****Greeters:** Jim Studebaker, Peter Sutherland**Set Up:** Anthony Stokes, Maurie Walters**Desk:** Neil Marshall, Ian Mollison**Speaker:-** Dr Jan Manent PhD**Host:-** Findley Cornell**Topic:-** Australians Leading The World in Cancer Research

Dr. Jan Manent is a Research Fellow at the Australian Regenerative Medicine Institute. Having graduated from the Pierre and Marie Curie University in Paris with a PhD in Human Genetics, Dr Jan has worked at the Harvard Medical School in Boston and then at the Peter MacCallum cancer centre in Melbourne on various cancer dispositions.

Now leading the world in cancer research, Dr Jan will present on cancer research findings covering stemcell, organ growth and limb growth.

**Thursday 6 June****Greeters:** Brian Thomas, Eileen Toohill**Set Up:** Adrian Ranson, Greg Ross**Desk:** Bill Oakley, Estelle Kelly**Speaker:** Dr Laura Hart**Host:-** Greg Ross**Topic:-** Teenage Depression and managing mental health

## Birthdays and Anniversaries between May 13 to May 19

**Weddings:****Birthdays:** Carol Studebaker**Inductions:** Hugo Goetze



# You are invited to .....



Come and hear about Rotaract— a global organisation that empowers students and young professionals to create positive and lasting change in themselves, their local community and around the world. Partnering with Rotary International, the over 70 Rotaract Clubs across Australia are part of a worldwide organisation of 250,792 individuals in 10,904 clubs covering 184 countries.

Rotaractors are aged 18—30 and they:



## HELP

Those in need



## LEARN

Through professional development opportunities



## ENJOY

Social activities

Does this sound like something you or someone you know would like to know more about?

If so, the Rotary Club of North Balwyn is working to establish a Rotaract Club in Boroondara and is inviting interested people to come, hear and learn about Rotaract from current Rotaract members.

You might be a student, an apprentice, working in an office, working outdoors, working for yourself, at home ...everyone is welcome.

The details for your diary:

Date: Tuesday 14 May 2019

Time: 7pm to 9pm Light refreshments will be provided.

Venue: Greythorn Community Hub, 2 Centre Way, Balwyn North

RSVP: To Jane Pennington by 10 May, [admin@rotarynorthbalwyn.com.au](mailto:admin@rotarynorthbalwyn.com.au)

Questions: To Jane on 0408 402 555

*We would love to see you then!!*

*For more information:*

Rotaract: [www.rotaract.org.au](http://www.rotaract.org.au)  
 Rotary North Balwyn: [www.rotarynorthbalwyn.com.au](http://www.rotarynorthbalwyn.com.au)  
 Rotary International: [www.rotary.org](http://www.rotary.org)



*We acknowledge the Bendigo Bank East Kew for their support of this project.*

### Geoff's Health Tip

#### Tahini - a paste made from Sesame seeds, should be part of our National Diet

My first exposure to sesame seeds has been limited to probably the same foods as most people: confectionary bars, crackers, sprinkled on the crust of bread loaves and Asian and Indian food. Most Australian households will have a jar of sesame seeds in the kitchen and they will probably be used only occasionally. It is my view that sesame seeds should hold a much higher position in the national diet, especially in its paste form - Tahini.

Tahini is made by grinding sesame seeds in a mill. The grinding process is facilitated by its 55% sesame oil content which is mostly monounsaturated. If you read the nutritional panel on the label of a jar of Tahini you will find that it also contains 25% protein, 9% fibre and is a rich source of magnesium.

Whilst the nutritional panel is very impressive, it is the minor ingredients, such as lignans and phytosterols that make Tahini a healthy addition to your kitchen's pantry.

- \* An important study published in Nutrition and Cancer in 2005 showed that lignans present in Tahini had the ability to reduce the risk of hormone-related cancers of the breast, ovary and prostate. A similar study in 2012 echoed these results, and in addition, it was found that Tahini reduced breast tumor size.
- \* A 2015 Iranian study showed that Tahini supplementation had a positive effect as an anti-inflammatory in patients with osteoarthritis.
- \* A 2017 study found that Tahini can reduce systolic and diastolic blood pressure due to its fibre and phytosterol content.

How do you use Tahini? My favourite lunch-time snack is Tahini and raw honey on toast. First you spread the Tahini on toasted bread and then add the honey and mix it into the Tahini - delicious! Use Tahini to make Hummus and Tahini sauce for Asian dishes.

You will find Tahini in Supermarkets, Health Food and Organic stores. Try and find Unhulled Tahini as it is produced from the whole seed, not the hulled seed that has less magnesium.



**Geoff**

A pure-bread





**Mongolian Exchange Update.**

RCNB members met with students and parents on Sunday April 14<sup>th</sup>. It was a productive time with much discussion and formulating of travel plans.

While discussing fund raising one of the students, Emily Melnyk, suggested a fund raising dinner at an Asian cuisine restaurant. Emily has followed through with this and organised a dinner for Wednesday 29<sup>th</sup> May at the Eastern Bell restaurant.

Estelle Kelly



## Mongolian/Chinese fundraising Dinner!

Wednesday 29<sup>th</sup> May - 7pm

Eastern Bell Restaurant

(399 Belmore Road, Balwyn)

\$40.00 set menu (includes corkage - BYO)

RSVP to Janet (Emily's mum) by Friday 24<sup>th</sup>  
May

0419388185 or [melnyk@ozemail.com.au](mailto:melnyk@ozemail.com.au)

★ Raffle tickets will be available for sale Great prizes

All profits go towards the North Balwyn Mongolian Rotary exchange

# 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



## CAMBERWELL SUNDAY MARKET ROSTER – No 38

Sunday	6.45am – 10.00am	9.45am – 1.00pm
19 May	Don Taylor	Imre Lele
26 May	John Rennie	Russell Cooper
2 June	Neil Marshall	Nino Sofra
9 June	Estelle Kelly	Findley Cornell
16 June	Greg Cribbes	Larry Fitzpatrick
23 June		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		
4 August		
11 August		
18 August		
25 August		
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)

## Second Bite Roster

The Roster to collect food from 2nd Bite and deliver to Camcare.

Food is picked up from 2nd Bite between **8:45 and 9:15 am** every Thursday and delivered by **10:00 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
16	May	Greg Cribbes	
23	May	Imre Lele	
30	May	Garth Symington	
6	June	Reg Parsons	
13	June		
20	June		
27	June	Greg Cribbes	

## 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](mailto:jane.pennington@bigpond.com)

<b>8 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	Sarah Hurst	Pirozek Family
	<b>Box Hill</b>	2	Jagarth Jayasinghe	Pirozek Family
		3	Emily Rowling	Georgia Suddick
		4	Bill Oakley	Brian Lacy
		5		Bill Oakley
	<b>Eftpos Manager</b>			
<b>23 June</b>	<b>Reclink</b>		<b>10am to 2pm</b>	<b>1.45pm to 6pm</b>
<b>Sunday</b>		1		
		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		Brian Lacy
		3		Janie Pirret
		4		
		5		
	<b>Eftpos 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 17 May	CGS, XC	3-5pm	G Cribbes	J Pirret, G Haddy
Sat 18 May	MLC	10-noon	G Haddy	A Stokes
Fri 24 May	CGS, XC	3-5pm	G Cribbes, G Symington	I Glenney, I Adams (at Eva T)
Sat 25 May	MLC	10-noon	R Head	
Fri 31 May	CGS	3-5pm	R McClean	I Glenney, J Pirret
Fri 14 June	XC	3.45 – 5pm	G Cribbes	I Glenney
SCHOOL HOLS				
Fri 19 July	CGS, XC	3-5pm	G Haddy	I Glenney
Fri 26 July	CGS, XC	3-5pm	G Symington	I Glenney
Sat 27 July	MLC	10-noon		T Yakawa
Fri 2 Aug	CGS, XC	3-5pm	R McClean	I Glenney
Fri 9 Aug	CGS, XC	3-5pm		I Glenney, I Adams (at Eva T)
Sat 10 Aug	MLC	10-noon		
Fri 16 Aug	CGS, XC	3-5pm		I Glenney
Sat 17 Aug (special)	CGS Spl	10-noon		
Fri 23 Aug	CGS, XC	3-5pm		I Glenney
Sat 24 Aug	MLC	10-noon		
Fri 30 Aug	CGS, XC	3-5pm		I Glenney
Sat 31 Aug (special)	CGS Spl	10-noon		
Sat 31 Aug	MLC	10-noon		
Fri 6 Sept	XC	3.45 – 5pm		I Glenney
Sat 7 Sept	MLC	10-noon		
Fri 13 Sept	XC	3.45 – 5pm		I Glenney
SCHOOL HOLS				
Fri 11 Oct	XC	3.45 – 5pm		
Sat 12 Oct	MLC	10-noon		
Fri 18 Oct	CGS, XC	3-5pm		
Sat 19 Oct	MLC	10-noon		
Fri 25 Oct	CGS, XC	3-5pm		
Fri 1 Nov	CGS, XC	3-5pm		
Fri 8 Nov	CGS, XC	3-5pm		
Fri 15 Nov	CGS	3-4pm		

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

### Docklands container paints a picture

The Rotary Clubs of Docklands, Central Melbourne, Donations in Kind and Educaring Africa, will transport donated medical equipment to complete a new medical clinic in Malawi. The container will also send much needed school supplies to local Malawian schools.

A team of artists led by Tamirat Gebremariam have transformed the container into a giant African-themed mural on Harbour Esplanade, Docklands.



## A Night at the Opera

Wyndham Rotary is proud to present an opportunity for you to enjoy an evening of top quality entertainment, magnificent Italian food and wine knowing that you are providing support for families who need accommodation whilst involved in treatment for Cancer.

On **June the 2<sup>nd</sup>** at the **Italian Sports Club**, 601 Heaths Road Werribee, principal performers from Opera Australia lead by Michael Lapina will take us on a musical journey to the heart of Italy. The journey starts at **5:30 pm** and concludes at **10:30pm** and includes a three course dinner at a cost of **\$80**. Now we want you to "dress to impress" with a **Cocktail Dress Code**. We will have a **surprise** for you as you settle down for a fabulous night. Should you wish to purchase tickets please call the Italian Sports Club on **97411225**

Traffic to and from Wyndham will flow freely at that time of the evening so don't be afraid to come over the bridge for an experience something that would cost you so much more at the Opera House!



*Wyndham Rotary*  
proudly presents

# ITALIAN OPERA

GALA

*Sunday 2 June 2019 @ 5:30pm*  
*The Italian Sports Club of Werribee*  
*601 Heaths Road, Werribee, VIC*

*Bookings Essential*  
*Tickets: \$80pp (inc 3 course meal)*  
*Phone: 03 9741 1225*  
*Online: [www.iscw.com.au](http://www.iscw.com.au)*

*Celebrate a night of Italian Food & Wine*  
*whilst being entertained by*  
*Principals from Opera Australia*

*All Proceeds of the event will go to the*  
*Bone Marrow Donor Institute*  
*Rotary House*




## HEARD ON THE LONDON UNDERGROUND

Actual announcements that London Tube train drivers have made to their passengers...

- \* 'Ladies and Gentlemen, I do apologize for the delay to your service. I know you're all dying to get home, unless, of course, you happen to be married to my ex-wife, in which case you'll want to cross over to the Westbound platform and go in the opposite direction.'
- \* 'Your delay this evening is caused by the line controller suffering from E & A syndrome: not knowing his elbow from his arse. I'll let you know any further information as soon as I'm given any.'
- \* 'Do you want the good news first or the bad news? The good news is that last Friday was my birthday and I hit the town and had a great time. The bad news is that there is a points failure somewhere between Stratford and East Ham, which means we probably won't reach our destination.'



## Is the Entertainment Guide good value?



People have said, "What's the catch?" There is none. The book is the real deal.

Businesses offer discounts because they get the benefits of advertising. Often, they participate to support their local community.

As for the Entertainment Book, it earns money through the sale of books and digital memberships. Its key selling point is that it only distributes through charities.

The secret to making use of the book is to use it. I find many people feel pressured into buying a book to support a charity, and then are too embarrassed to redeem – or they forget.

For some people there is a social stigma to presenting a voucher, especially in front of other people.

My experience of using the vouchers is positive, and the new digital membership app makes it easier to use (plus I never forget it as it is on my phone).

A discount is only a bargain if you are spending money on something you need or want; it can be easy to fall into the trap of going after deals just to make a saving.

My tips for maximising savings with an Entertainment Book membership:

– You don't have to redeem everything in the book for it to be worthwhile – even if you are only recouping the cost of the membership you are collecting good karma by supporting a charity or cause in your community.

**Order your book from Geoff Steinicke 0418 175 130    [gwsteinicke@bigpond.com](mailto:gwsteinicke@bigpond.com)**

**THANK YOU FOR YOUR SUPPORT!**  
**Rotary Club of North Balwyn**  
 Geoffrey Steinicke  
 0398578339  
[gwsteinicke@bigpond.com](mailto:gwsteinicke@bigpond.com)



## 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