



## "The HeadLines"

### Our Meeting:- Member Autobiographies

Two very interesting autobiographies from newish members Peter Downton and Adam Hillary.

Adam took us through his boarding-school days in the UK, his time in the British Army, marriage to Janet and living in the UK for a short while then moving to Australia, their two children and then his development of business interests since moving to Melbourne.

Peter talked about his apprenticeship and trades career growth at Melbourne Water (formerly MMBW), his and Ann's extended family, time as a Freemason, the scale of our water supply network and some of the hazards of his job.



Peter Downton (L) with Host Russell Cooper and Adam Hillary (R)

### Being Grand-Prix Ready

If you are working at the Grand Prix, please complete the Food Safety Self-Assessment sent out to members on 8 March. Please advise John McBride when satisfactorily completed.

### A Nice Gardening Letter from a Recent Client

After work done by Steven Greator and Rowan McClean, a letter of thanks was received saying "Thank you so very much for all the hard work you both did in my garden. - - I miss not being able to work in my garden any more, but with help from Rotary I will enjoy having the pleasure to see the garden growing."

### What's Coming

- Hot Cross Bun sales through Findley Cornell
- Fellowship visit to Heide Museum on 15 April

### The Quote

From Lao Tzu - -

"When you are content to be simply yourself and don't compare or compete, everybody will respect you."

Rob Head

### Our Leadership



**RI President**  
**Ian Riseley**



**DG 9800**  
**Peter Frueh**



**AG Eastside**  
**Jonathan Shepherd**



**President**  
**RCNB**  
**Rob Head**

### MEETINGS THURSDAYS

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

Thursday 22 March **Please Note that this meeting is a Partners Evening**

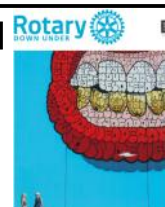
Club Website: [HERE](#)

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**MARCH ROTARY DOWN UNDER** Click [HERE](#)  
Click for [All District Events](#)



## AROUND THE CLUB THIS WEEK

Rotary Club of North Balwyn has delivered 20 doonas, assorted blankets, pillows and a dining table to Servant Community Housing during the past week.

The bedding became available through DIK and was sourced by Rowan McClean.

It was delivered by Tony Wells and Adrian Ranson. Adrian is pictured with CEO Amanda Donohoe who received the doonas at Servants residence, Romana in Kew.

Amanda Donohoe is delighted with the contributions facilitated through RCNB, which are in addition to the sheets and towels from DIK provided for Servants last year. She has thanked Rotary for the bedding and table which will be put to good use at Servants.

The dining table was restored at the men's shed - a labour of love for a former member of the Club, Ron Liner. The table top was donated by Adrian Ranson from his Eastgate furniture business and he along with Peter Elliott (pictured), and Tony Wells transferred the table to the Servants residence, Carrical House in Hawthorn.



This week the Victorian Education Department made two videos for their website that showed the important relationship between Rotary and schools.

The picture shows a re-creation of the debate held between Balwyn High School students and a team from Rotary North Balwyn. The other session involved discussion between the club and eight students with a significant emphasis on Rotary branding using banners and Rotary literature.

### Meeting No.33

**Thursday, 8th March 2018**

Guest Speakers	0	Member Autobiographies - Peter Downton & Adam Hillary.
NB Members	50	
Partners	1	Carol Studebaker
Guests	1	Fatima Baraka (3rd visit)(Jeanette Leigh)
	On Time Apologies 17, Late Apologies 2, LOA 6, NO APOLOGY/NO SHOW 2	
	Membership = 77, Member Attendance 50 = 64.9%	
Make-Ups	26	Ian Mollison - RC Balwyn ; Jane Pennington - RC Glenferrie ; Greg Ross - Tasmania, RC - Ulverstone, Salamanca, Sandy Bay & Deloraine; Gardening - Cribbes, Downton, Hart, Head, Hurnard, Kelly, Lele, Matthews, McClean (4), Steinicke & Symington (2) ; McClean & Walters - Baptcare ; Pete Sutherland - DIK ; 2nd Bite/Camcare - Haddy & Steinicke.
Absences for Rosters: Paul Fitz, Tony Ho, Dileep Krishna-Pillai, Yvonne Lyneham, David Rowe & Peter Wilson		

## MEETING ROSTERS

<b>Thursday 15 March</b> <b>Greeters:</b> Peter Cleary, Greg Matthews <b>Set Up:</b> Adrian Ranson, Sam Hardikar <b>Desk:</b> Ian Adams, David Cheney	<b>Speaker:</b> Tim Schenken <b>Host:</b> Neil Marshall <b>Topic:</b> The Excitement of The Grand Prix Tim Schenken is a former Formula One driver and is Clerk of the Course at the 2018 Grand Prix.
<b>Thursday 22 March <i>Partners Night</i></b> <b>Greeters:</b> Marcel Muntwyler, Eileen Toohill <b>Set Up:</b> Jim Studebaker, Imre Lele <b>Desk:</b> Bob Bott, Larry Fitzpatrick	<b>Speaker:</b> Inspector Stephen Noy <b>Host:</b> Ian Mollison <b>Topic:</b> Policing in Boroondara Stephen Noy is the senior police officer responsible for the Boroondara area.
<b>NOTE:- CHANGE OF MEETING DAY</b> <b>Wednesday 28 March</b> <b>Greeters:</b> Russell Cooper, David De Garis <b>Set Up:</b> Steven Greateorex, Gavan Schwartz <b>Desk:</b> Brian Lacy, John Rennie	<b>Speaker:</b> Charles Lane <b>Host:</b> Bill Oakley <b>Topic:</b> Tribal Warfare Getting Out Alive: Life With a Band of 'Ritual Murderers'
<b>Wednesday 5 April</b> <b>Greeters:</b> Brian Hurnard, Bill Oakley <b>Set Up:</b> Ian Richardson, John McBride <b>Desk:</b> John Gartlan, Greg Matthews	<b>Speaker:</b> Greg Cribbes (and "The Juggler") <b>Host:</b> Rob Head <b>Topic:</b> Autobiography (and Video)

## Club Diary

16-18 March 2018. District Conference Warrnambool.

21 -25 March 2018. [2018 Formula 1® Australian Grand Prix.](#)

Sunday 15 April Visit to Heide Museum, Bulleen.

Thursday 10 May Club Birthday meeting

Weekend of 17-19 August 2018 MUNA 2018

See <http://www.rotaryclubofcanberrasunrise.org.au/>

Friday 5 to Sunday 7 October 2018 Camp Getaway Working Bee 2018

Weekend of 19-20-21 October Fellowship Weekend at Daylesford Details soon.

**NEW EVENT**

**Visit to Heide Museum, Bulleen for group tour.**

**Date and Time:** Sunday April 15 at 11.00am

**Location:** 7 Templestowe Road, Bulleen.

**Cost for entry and the tour:** \$22 per person

**Lunch:** Available from the café on an individual basis

**Money:** To be collected at Rotary meetings from mid March.

**Enquiries:** to Russell Cooper 0417 392109

Read about Rotary in your area in The Progress Leader <http://leader.smedia.com.au/progress/>



### Geoff Haddy:- Introduction of Credit Card Facility

Following Board approval of the introduction of a credit card facility for the Club I am delighted to announce that **our credit card device** has been received – just in time for the Grand Prix fundraising event. I'm sure this device looks very familiar to everyone.

A few things about it...

- It is battery operated, and wirelessly linked to Bendigo Bank
- It can be used anywhere and is not dependent on any telephone linkages, on any wi-fi or power-point.
- It accepts credit and debit cards
- It has a pay-wave option
- It prints a merchant and client receipt for each transaction
- It produces (on request) a list of the day's transactions.
- All monies processed through the device are automatically credited to our Bendigo ADMIN account overnight.



For some time members have been requesting a card facility for meal payments. How often are we reminded that we are heading towards a cashless society? Well, the option to pay by card is now here. Although I guess we'll all be a little nervous at first, I hope that all members will have the opportunity to manage the device as part of the desk roster. Initially Greg Cribbes and I will be on hand to guide you.

The main reason our Club has been slow to adopt this technology has been the cost. Although costs have come down there is still a significant monthly charge amounting to \$435 per annum plus a transaction charge of 1.22%. To be fair to all members, including those who choose not to pay for meals by card, the Board has decided that the most equitable way to manage this cost is a \$1 charge on those meal payments paid by card. The \$1 will cover the variable costs and make a contribution towards the fixed costs.

It is a reasonable expectation that the Club will keep this surcharge under review and reduce it if at all possible. For example, if the facility is widely used for SERVICE fundraising, more of the fixed cost should be borne by our SERVICE account. And the more money that goes through the facility the more likely it is the Bank will reduce the variable charge. But in the meantime a meal charge by card will be \$38 and by cash \$37.

We anticipate having this facility available next Thursday, and also using it at the Grand Prix. We are offering training and have produced a quick reference guide.

Finally, two special requests:

- Please take care of this device, especially when away from here. It will be quite expensive for the Club if it's damaged or stolen.
- And secondly, please be fair to those on the desk. And remember, they are not there to meet, to greet, to chat or to discuss your golf. If you allow them to concentrate on receiving your payment life will be so much easier.

Thank you and I hope you welcome this important step forward by our Club.

Geoff

### BARISTA TRAINING

The Vocational Committee has made arrangements for members to do barista training at the Village Café, 74 Doncaster Road, North Balwyn. This will provide us with more members who are able to use the club's coffee machine at catering activities.

The manager, Sam, has generously offered to train members on a one-on-one basis on weekdays between 10 a.m. and 11.00 a.m. This is usually a quieter time at this busy café but we need to be mindful that, if it gets busy, there could be a delay in training. If you wish to take advantage of this offer please email me at [adams.ian@bigpond.com](mailto:adams.ian@bigpond.com) and indicate which day of the week is best for you and I will confirm your time slot.

Geoff's Health Tip**The difference between Honey and Sugar**

If you read the nutritional panel on a jar of honey and the nutritional panel on a jar of jam made with fruit and sugar (sucrose) you will find both list the sweet ingredient as 'sugar', and yet each 'sugar' is considerably different.

First, honey is a **whole food** produced by bees from the nectar of flowers solely for the purpose of food, whilst **sucrose is an isolate** – technically only one chemical compound – extracted from a background of hundreds of other compounds within the sugarcane from which it is derived.

The real difference between the sugars in honey and sucrose (from sugarcane) is the complex mixture of the many different 'sugars' in honey. Honey is a complex mix of monosaccharides, such as glucose and fructose, and as many as 25 different oligosaccharides, all of which have various degrees of sweetness, while sugar is a chemically bound mixture of two chemicals - sucrose and fructose.

**Why consuming honey is important**

- Honey contains enzymes and probiotics that contribute to honey's many health benefits supporting healthy gut flora. Sugar (sucrose) does not contribute any benefits supporting gut flora.
- A study reported in Applied Microbiology illustrated the stimulatory effect of honey compared with sucrose in the production of lactic acid bacteria. It was found that honey increased the number of Lactobacillus acidophilus counts tenfold compared with sucrose.
- The probiotic-boosting properties of honey may provide an explanation for why it is such an anti-infective agent able to heal many gastrointestinal disorders.
- An article published in 2010 in the Journal of the American College of Nutrition examined the effect of honey versus sucrose on appetite, appetite regulating hormones and the thermic effects after a meal. The researchers found that the group that sweetened their breakfast cereal with honey had a much reduced glycemic response and a positive modulation of appetite hormones.

As a topical application to wounds, an enzyme in honey known as glucose oxidase produces hydrogen peroxide which is used for wound healing.

**Geoff**

**Birthdays and Anniversaries between March 10 and March 16****Weddings:**

**Birthdays:** Colin Sharp, Helen Rennie, Eileen Toohill, Jane Ansell

**Induction Anniversaries:** Geoff Haddy, Rob Head, Tak Yukawa, Bob Bott

**GET YOUR HOT CROSS BUNS FROM FINDLEY CORNELL !**

Fill out your order form and forward or hand to Findley by March 15!.

Thanks to Bakers Delight for this generous offer of \$2.00 per pack of 6 Hot Cross Buns ordered being donated to The Club.

## Hot Cross Bun Order Form

Name: \_\_\_\_\_  
Club

**6-pack - \$7.00 each**

**QTY**

Apple & Cinnamon

Traditional

Choc Chip

Fruitless

Order due before:  
for delivery on:

Total: \$\_\_\_\_\_

**\$2.00 from every 6-pack purchased will be donated  
back to Club**



Bakers Delight Holdings Ltd and its associated companies ("Bakers Delight") require the personal information requested in this order form including name and business information, in order to make your order. Without such personal information, we will be unable to accept and deliver your order. Your personal information will not be disclosed to any third party in Australia or overseas and will not be used for any purpose other than to deliver your order.

Our Privacy Policy contains information about how you may access the personal information we hold about you and information about how to seek correction of such information, if necessary. Our Privacy Policy also contains information about how you may complain about an alleged breach of the Australian Privacy Principles and how we will deal with such a complaint. Our Privacy Policy can be viewed without charge at [www.bakersdelight.com.au/privacy-policy](http://www.bakersdelight.com.au/privacy-policy). Alternatively, please contact our Privacy Officer either via email at [privacy@bakersdelight.com.au](mailto:privacy@bakersdelight.com.au) or via phone on 03 9811 6111 and we will send or email you a free copy.

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***STAMPS TO END TRACHOMA.***

PP Jane Pennington is looking forward to receiving stamps from members and friends.

# ***We need your used stamps to help***



## ***We're NOT asking for \$\$\$ – Just your used stamps!***

Your Used Stamps, once trimmed and sorted, will be sold, and every dollar raised will go towards preventing this infectious eye disease by improving health and hygiene in remote areas of Australia.

Together with the World Health Organisation, we can achieve the global effort to eliminate trachoma by 2020.

Collect used stamps from your Work, Schools, Universities, Hospitals, Medical Clinics, and Council Offices .....and don't forget your neighbours.  
Remember every stamp helps!



**Contact:** Rotarian Carrol Farmer [ericfarmer@bigpond.com](mailto:ericfarmer@bigpond.com)

EndTrachoma by 2020  
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***Australians working with Australians in need –  
Together we can make a difference.***



## ROTARY CLUB OF NORTH BALWYN 2017/18

**President: Rob Head**

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**Secretary: Gavan Schwartz**

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**Treasurer: Greg Cribbes**

[treasurer@rotarynorthbalwyn.com.au](mailto:treasurer@rotarynorthbalwyn.com.au)

**Grapevine: John McBride**

[jdmcb48@bigpond.net.au](mailto:jdmcb48@bigpond.net.au)

**Noon Sat Weekly Deadline for submissions please.**

## APOLOGIES FOR CLUB MEETINGS

1. Sign the "apology sheet" at the front desk at the prior meeting if you know in advance.
2. Click [HERE](#) for apologies. and log into website; select My Menu; Meeting Attendance/Apologies and Make-Ups; Select meeting date; Add Apology to this meeting; and send.
3. Or E-mail Hugo Goetze  
[HugoGoetze@netspace.net.au](mailto:HugoGoetze@netspace.net.au)
4. Phone 9857 6701 (leave a message if required). Mobile phone calls & SMS are not to be used.

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

**North Balwyn Probus: Don Campbell .**

<http://balwynnorthprobus.org.au>

**North Balwyn Heights Probus:**

Sue Mullarvey

[yarramul@tpg.com.au](mailto:yarramul@tpg.com.au) 9857 4305, 0400 821 402

**Greythorn Probus:**

Meetings 10am 2nd Tuesday Monthly.  
St Aidan's Church Hall, Duggan St, Balwyn Nth.9859 4941.

**Boroondara Ladies Probus: Janet Eddy**

[jveddey@applewood.net.au](mailto:jveddey@applewood.net.au)

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



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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.

We welcome Bertocchi as a new sponsor

