



Forum Meeting 1 August

President Peter began the Forum Session of the meeting with a prepared power point presentation.

Key points are:-

- * Many thanks to Geoff Kneale organising of speakers.
- * Reminded us of our Board Members.
- * Also those Members who are providing Club Support and Project Coordination.
- * Spoke about the 4 way test.
- * Confirmed that North Balwyn Rotary have a 3 year ongoing contract with the Council for managing the Men's Shed.
- * Efpos machine has raised \$1,295 towards the \$1,300 annual fee so cost neutral.
- * There will be an audit of Club communications.
- * The Budget for the 2019-2020 year is in keeping with previous years while the Christmas Raffle will be retired.

Tony Wells as Club Service Director emphasised several points:-



- * Thursday Club Meeting the week of the Grand Prix will be cancelled to enable maximum support
- * Christmas Breakfast cancelled as

Christmas Day falls on a Wednesday

- * Plan to do Bunnings Family Christmas Night which is on a Thursday Night

Continued on page 2



North Balwyn Rotary Board Members

- President: Peter Sutherland
- Vice President: John Magor
- Immediate Past President: Nina Sofia
- President Elect: Greg Cribbes
- Minutes: David Cheney
- Treasurer: Adam Hillary
- Secretary: Gavan Schwartz
- Club Service: Tony Wells
- Sergeant: Adrian Ranson
- Sue McDonald
- Vocation: Kinga Paulheim
- International: Rowan McClean
- Community: Tony Hart
- Foundation: Adrian Ranson
- Secretary: Gavan Schwartz
- Club Program: Tony Wells
- Sergeant: Adrian Ranson
- Youth: Jane Pennington
- Fund Raising: Bill Oakley
- Membership: Jim Studebaker

Club Support and Project Coordination

- Dinner bookings and Statistics: Rega Grotzer
- Gardening Program: Rowan McClean / Neil Marshall
- DLR Board Rep: Peter Sutherland
- Interact: John and Sally Sutherland
- Rotaract: Jane Pennington
- Business Council: Rowan McClean
- Camerwell: Gavan Schwartz
- Club History: Tony Wells
- Mungella: Natalie Kelly / Peter Sutherland / Ann Adams
- Timor Leste: Sue McDonald
- Solomon Islands: Gavan Schwartz
- Catering: Neil Sutherland / Bill Oakley
- Golf Day: Greg Cribbes / Greg Matthews
- Grand Prix: Jim Studebaker / Gavan Schwartz
- Fellowship: Peter Sutherland / Brian Lucy
- OHS: Peter Sutherland / Brian Lucy
- Child Protection: John Barnes
- Reading Program: Neil Sutherland
- Drought Relief: Gavan Schwartz
- Vice Sergeant: Sue McDonald
- Assistant Treasurer: Geoff Hocking
- Property Officer: Jane Pennington
- Website/Facebook: Jane Pennington
- Club Image: Jane Pennington
- Camerwell Market: Gavan Schwartz
- Family of Rotary: John Barnes
- Days for Girls: Jane Pennington
- Christmas Raffle: Kristine McDonald
- Men's Shed: David Cheney

Budget			
Description	2017_18	2018_19	2019_20
Income Budget	\$64,800	Budget \$73,650	Budget \$88,200
Income Actuals	\$112,881	\$133,00 + \$91,100 DRP	
	Actual	Total \$226,289	Actual
Major Income Items			
Christmas Raffle	\$14,973	\$12,023	\$0
Catering	\$29,400	\$31,939	\$22,750
Camerwell Market	\$0	\$9,516	\$13,000
Golf Day	\$20,126	\$17,833	\$17,000
Grand Prix	\$26,567	\$42,441	\$28,000
Other	\$12,512	\$20,009	\$7,100
Grants	\$8,250	\$91,100	\$0

Club Program

- Dinner fee \$33 down from last year and maintaining \$2 to club.
- Club Fees down \$5 from last year
- EFT fee - remains at \$1 for Dinner Meeting or otherwise advised (dependent on the amount).
- Thursday Meeting in the week of the Grand Prix Cancelled to enable maximum participation in this week.
- Additional volunteer resource will be employed if required which may incur a cost through profit sharing.
- Christmas Breakfast - Cancelled
- Christmas falls on Wednesday this year and we do not believe it necessary to hold an early annual breakup event because very few of us are employed any more!
- Christmas Raffle - Cancelled
- We have no champion to run it and the budget loss is equivalent to the budget gain from the Camerwell Market.
- The Bunnings Family Christmas \$50 falls on a Thursday Night each year.
- We plan to continue to support this event.

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

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/>

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 Tuesday.

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Jane Pennington as Director of Youth gave a presentation on the Youth Program program for 2019-2020. Whilst Earlyact, Interact, new Rotaract Club, Muna, Ry-phen, RYLA are ongoing, Jane reminded us of the Relay for Life project which as a club we are supporting with our marques and cooking for the walkers. Potential Rotaractors are amongst the walkers. Details below.

Relay for Life

Relay for Life is a community fundraising challenge to support the Cancer Council. Teams commit to walking, rolling or running around a track to signify that cancer never rests, so neither does the Cancer Council.

Members of the Prospective Rotaract Club in Boroondara combined with Rotarians from the area have a Team in Relay for Life.

We are the RotaBoars (Rotaract Boroondara)!!!

Manningham 2019

7—8 September 2019 from 4pm Saturday to 12pm Sunday

Rieschiecks Reserve, George Street, Doncaster East

Come and Support our Team and make this a Rotaract / Rotary / Cluster Project

We will have a marquee set up and would love you to come along to the event and walk some laps with us or just sit in our Team tent and chat to the Team members.

Would you like to join or donate to our Team?

Here is our Team page and you can do both on it:

https://secure.fundraising.cancer.org.au/site/TR/RelayforLife/CCVIC?team_id=656388&pg=team&fr_id=5833

Want more information?

Contact: Jane Pennington

Email: Jane.Pennington@bigpond.com

Phone: 0408 402 555

Summary Comments .

Meetings: will continue with a similar structure to previous years at Kew Golf Club with a focus on having fun, great guest speakers, planned partner's nights and increased flexibility of attendance rules as per RI and District changed rules on attendance. However we will still place high importance on attendance and feel that if the meeting are interesting, relevant, enjoyable, reasonable cost, and good quality meals, members will attend in good numbers.

Vision: Hold a District mentored Visioning Session where we can gain input all members about where we see our club now and into the future and what steps we might take to achieve the best outcome the club and individuals overall. This will be scheduled for a date to be confirmed.

Grants: Although not budgeted, we plan to apply for grants (District or Global as appropriate) to support our International Projects.

Communication: The Grapevine, and Website will remain our main method of communication from the Club to its Members. There will be upgrades of the Website and training / advice to Members about how to use the Website and sign into Clubrunner.

Club Image: We plan to modernize our Club Image through adoption of current approved Rotary logos as well as Evan Burrell modern imagery. New options for Club Tops are being researched.

Membership: will strive to attract new members with a view in mind to reverse the increasing aging of our statistics, include more women and cultural diversity, and focus on inclusion and mentoring to achieve retention.

Summary Comments.... more .

Fundraising: will constantly be assessed to achieve a balance between meeting budget expectations and the capacity of the Club Members to meet the volunteering demand.

Where demand for volunteers falls short action will be taken to address this through alternative resources such as combining activities with other Clubs, inclusion of non-member volunteers and recruitment of Rotaractors and Interactors: or failing that reduction in activity with corresponding budget impact and program review.

Drought Relief Program: Has one more year of commitment and funds remaining.

The program is to be reassessed to establish the ongoing needs and progress at St Arnaud before we move in any other direction and all stake holders will be invited to have input.



Last presentation was by Rowan who gave an update on the involvement with Vietnam now includes many other 9800 Rotary Clubs helping out with several Communities in Vietnam.

Other Directors will present reports at future Club Meetings.

Wanted – Interviewers!!

The North Balwyn Scouts have invited our members to come and assist with mock interviews.

Date: Wednesday 14 August

In the evening for about two hours

We need six Rotarians so if you can assist please contact Bill Oakley.

MEETING ROSTERS

Thursday 8 August
Greeters: John Rennie, Findley Cornell
Set Up: Phil Wade, Sam Hardikar
Desk: Peter Cleary, Steve Greateorex

Speaker: John Ballis CEO of Reclink
Host: Bill Oakley
Topic: Reclink's Helping Hand to the Disadvantaged

John Ballis will refresh our knowledge of, and enthusiasm for, the great work done by Reclink. This follows the recent involvement of our club, led by Bill, Nino and our catering team at yet another successful annual Community Cup at Collingwood's famous Victoria Park.

Thursday 15 August
Greeters: Brian Thomas, John Koa
Set Up: John Rennie, Bill Oakley
Desk: Ian Mollison, Peter Elliott

Speaker: Rob Stary
Host: Kinga Paulheim
Topic: For Rob, Australia Has Truly Been the Lucky Country

Rob Stary is a lawyer well-known in Melbourne legal circles as counsel for the defence. However, he will speak primarily about his good fortune to have been born in Australia after his father, aged 27, and his father's parents migrated here in 1949 to get away from Communist Hungary and, before that, the Nazis. For Rob, born in 1956, Australia was, by comparison, a paradise where he could go to school in Footscray and then to University, FREE, to study Law. No wonder he is an advocate committed to upholding the democratic rule of law.

Thursday 22 August
Greeters: Barry Cummings, Geoff Steinicke
Setup: Rowan McClean, Tak Yakawa
Desk: Bronwen Dimond, Rob Head

Speaker: Speaker: Timothy Lynch
Host: Rowan McClean
Topic: Donald Trump

Melbourne University's Timothy Lynch is Associate Professor of Social and Political Sciences. He will give us a most interesting talk on the phenomenon of Donald Trump. Given that the U.S. and the world are stuck with Trump (and may well be for a second term!) we will hear whether there are any positives, in an objective sense, to be taken from his Presidency.

Meeting No.6	Thursday, 1st August 2019
Present:	
Guest Speaker	0 Club Forum
NB Members	38
Visiting Rotarians	0
Partners	0
Guests	2 Andrew Sutherland, Will Quinert
Alumni	0
External Activities 16 'CAMBERWELL Sunday Market, 28/7 Geoff Haddy, Brian Lacy. (Board Approved)	
2nd BITE delivery to CamCare, 1/8 Geoff Haddy FARESHARE - Jane Pennington	
MEN's SHED 30/7 & 1/8 - David Cheney, Peter Elliott (2), Tony Hart, Greg Matthews	
GARDENING PROJECT - 27 & 28/7, Geoff Haddy & Garth Symington, DIK, Peter Sutherland, Gavan Schwartz	
BBQ CATERING, 27/7, Bill Oakley, Greg Ross, Kinga Paulheim, Pete Sutherland, Reg Parsons	
DIK, Peter Sutherland, Gavan Schwartz	

Birthdays and Anniversaries between August 5 to August 11

Weddings: Garth and Carol Symington
Birthdays: Jo Wells, Jane Pennington
Inductions: Jack Liao

Registrations for the 2020 District 9800 Conference in Bendigo are now open!!

CONFERENCE 2020 BENDIGO 27-29 MARCH



Tickets are priced as follows -

Rotarians and Partners (Early-bird Price available until 30/11/19)	\$300.00
First Time Attendees	\$250.00
Rotaractors and Exchange Students	\$200.00

We've got some amazing entertainment, guest speakers and activities planned for the weekend (keep your eyes on our Facebook page for announcements!).

We've drawn inspiration from the 2019/20 motto *Rotary Connects the World*, and can't wait to share the weekend with you.

Go to

<https://www.trybooking.com/book/event?eid=520299&>

to book attendance at the conference

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

Geoff's Health Tip

The Gut - Brain Connection is Real



Recognition of the connection between the gut and the brain from satiety to stress, is not new. Charles Darwin recognised the importance of this interaction in his classic: *The Expression of the Emotions in Man and Animals* (1872), in which he wrote: "The manner in which the secretions of the alimentary canal and of certain other organs ... are affected by strong emotions".

It's long been known that the brain communicates with the gut—think of 'gut-wrenching' moments or 'following your gut', but recent research suggests the brain-gut connection actually goes both ways.

- * The link between the brain, gut, and microbiome (the millions of organisms in the large intestine) has come to the forefront of the medical research community in the past few years. A growing amount of evidence demonstrates the importance of a healthy gut microbiota for patients suffering from anxiety and depression.
- * In his book 'The Clever Gut Diet' Dr Mosley said, "One of the big health mistakes we have made over the past few decades is that, in our ignorance, we have laid waste to our microbiome. A healthy microbiome should be very diverse. The Western microbiome is not, and the implications are huge". "That's why we should broaden our range of bacteria to include fermented foods, such as sauerkraut, yoghurt and sourdough bread that are full of good bacteria."
- * Fermented foods are just one of a group known as probiotics that provide a range of good bacteria for the gut microbiome. Recent research has shown that the consumption of fermented foods over a period of time did confer therapeutic gastrointestinal and cognitive benefits.
- * Some companies offer beneficial probiotic bacteria in the form of capsules. The TGA (Therapeutic Goods Administration) recognises there is an interface between food and medicine and will regulate products making a therapeutic claim.
- * It has now become evident that microbiota, especially microbiota within the gut, can greatly influence all aspects of physiology, including gut-brain communication, brain function, mood and even behaviour.

Geoff

2019/2020 ENTERTAINMENT BOOK

2019/2020 ENTERTAINMENT BOOK

Contact Geoff Steinicke at gwsteinicke@bigpond.com or Mobile 0418 175 130



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

Purchase your 2019 | 2020 Entertainment Membership!

Garth Symington is endeavouring to get at least one table of 10 from the club for this function which is being supported by all 8 clubs in the Boroondara area.

Could members and partners contact Garth on 0419519899 or email him on garths45@icloud.com to book a seat. Garth will book and pay for the table and collect the money from members and partners

**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**

**Rotary
Glen Eira**

Indian Cultural Festival
from 1:00pm to 4:30pm
Saturday 10th August, 2019
At
Glen Eira Town Hall, Auditorium

Join us in celebrating India's culture – the sounds, tastes and feel of a truly wonderful country.

India is more than just the Taj Mahal

See what Rotary is doing in India. Hear about our projects across India... Want to help too – talk to us.

- * Polio eradication
- * Sanitation
- * Clean water
- * Education
- * Solar Lighting
- * Days for Girls

Admission: \$10.00 Family,
\$ 5.00 Adults
\$2.00 Students

Proudly supported by Glen Eira City Council



CAMBERWELL SUNDAY MARKET ROSTER – No 49

Sunday	6.45am – 10.00am	9.45am – 1.00pm
11 August	Neil Marshall	Ian Richardson
18 August	Sue McDonald	Geoff Steinicke
25 August	Garth Symington	Colin Sharp
1 September	Tak Yukawa	Kinga Paulheim
8 September	Greg Cribbes	Adam Hillary
15 September	Tony Wells	Marcel Muntwyler
22 September	Sue McDonald	Larry Fitzpatrick
29 September	Geoff Steinicke	Barry Cummings
6 October	Jim Romanis	Greg Matthews
13 October	Tak Yukawa	Maurie Walters
20 October	Greg Cribbes	
27 October	Imre Lele	Adam Hillary
3 November	Geoff Kneale	
10 November		
17 November		
24 November	John Rennie	
1 December		
8 December		
29 December		

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

Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com

Second Bite Roster

This is the Roster for Second Bite.

Food is picked up from Second Bite between 8:15 and 9:00 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 underprivileged. Please contact Garth Symington on mobile 0419 519 899

Date		Volunteer Driver	Team Members NOT available
8	Aug	Steven Greateorex	Hugo Goetze
15	Aug	Rob Head	Hugo Goetze, Geoff Haddy
22	Aug	Jim Studebaker	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	John McBride	Geoff Haddy, Garth Symington
26	Sept		

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

9 August	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1	Pete Sutherland	Jim Studebaker
	Box Hill	2		
		3		
		4		
		5		
21 September	Patchwork & Quilters		8.30am to 12.30pm	12.00pm to 4.00pm
Saturday	Eley St Community	1	Geoff Steinicke	Geoff Steinicke
	Centre, Blackburn South	2	Jagath Jayasinghe	Jagath Jayasinghe
		3	Kinga Paulheim	Peter Downtown
		4		
		5		
		6		
	Coffee Barista	7		
	Coffee Barista	8		
22 September	Patchwork & Quilters		8.30am to 12.30pm	12.00pm to 4.00pm
Sunday	Eley St Community	1	Kinga Paulheim	
	Centre, Blackburn South	2		
		3		
		4		
		5		
		6		
	Coffee Barista	7		
	Coffee Barista	8		
25 October	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Road	1	Greg Cribbes	
	Box Hill	2		
		3		
		4		
		5		

Gardening Roster

Plenty of opportunities for volunteers.

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 2 Aug	CGS, XC	3-5pm	R McClean	I Glenny
Fri 9 Aug	CGS, XC	3-5pm	C 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, J Pirret
Sat 17 Aug (special)	CGS Spl	10 - noon	G Steinicke	M Muntwyler
Fri 23 Aug	CGS, XC	3-5pm	R McClean	I Glenny
Sat 24 Aug	MLC	10-noon	G Symington	R Head
Fri 30 Aug	CGS, XC	3-5pm		I Glenny
Sat 31 (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		M Muntwyler
Fri 18 Oct	CGS, XC	3 - 5pm	G Cribbes	
Sat 19 Oct	MLC	10 - noon	S Hardikar	
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 at neiltric@yahoo.com.au

Fellowship Function:

Theatre Night – Palace Theatre, Balwyn.

The film – “Late Night” starting Emma Thompson. [Comedy/Drama]

Date: Friday, 23rd August 2019.

Time: 6.30 pm or 7.00 pm (to be confirmed).

Cost: \$15.00 per head. (non-allocated seating)

30 tickets have been reserved so first in, best dressed.

See David Cheney or Bronwen Dimond to reserve your ticket and payment.



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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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*