



Melbourne Cup Meeting – Speaker Greg Hall.

Our Melbourne Cup meeting was very colourful and terrific fun for the “racey” 71 attendees – particularly the 19 partners and the un-missable Peter “Pink roses’ Downton.

The starters gates were burst open by Chairman Bob Bott as he punctuated Greg Hall’s biography with the biggest of his 49 Group 1 wins – the very wet 1992 Melbourne Cup. Greg Hall flew home on the grey gelding Subzero.

Greg described those last 200 metres as the longest and loneliest in his career, as the Finishing Post seemingly moved away from him rather than Greg’s gain on the Post.

It was the 1997 Melbourne Cup at which Greg celebrated his second Cup by circling his whip in the air but only to learn from the photo finish that his ride, Doriemus, had finished second to Might & Power by a mere 6 centimetres.

Greg was full of entertaining stories about the sport of Kings including Australia’s version of high profile owners such as Kerry Packer and Lloyd Williams, Lear jets and super yachts around the Mediterranean. However the millions of dollars of winnings from his Cup, Cox Plate, two Golden Slippers and two Victoria Derbies amongst his 2000 wins in total – is all gone. Greg’s “greatest race has been in the human race over the last 17 years”.

Thanks to Bob Bott for setting up a great, fun night.

And Greg’s tip for the Cup on Tuesday? **Best Solution.**

Our tip? That only Bruce McAvaney could answer David Cheney’s tough quiz.

While there were members and partners in their racing refinery, Sally Sharp, Heather Matthews and Bev Sofra wore their “Prance In The Park” livery which is raising money for the End Polio campaign on November 17. (See page 8 for details of how to support the ladies)

Jane Pennington and Peter Elliott received Paul Harris recognitions for their ongoing support of the Rotary Foundation.

Editor:- Thanks to Geoff Kneale for the meeting report.



Our Leadership



RI President
Barry Rassin



DG 9800
Bronwyn
Stephens



AG Eastside
Barry
Hickman



President
RCNB
Nino Sofra



Club Diary

December 2018 Fence repairs in Cobden.

December 7 Ladies Christmas Fare

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

[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

Interact Balwyn High School IT training for Senior's (and those without Seniors Card)

Following our earlier successful IT training session conducted by our Interactors at Balwyn High School, there has been another session proposed for November 8.

The last session was well attended and our Members enjoyed the 1 on 1 tuition.

Bring your own device; laptop or Mobile Phone and bring a question you have about a tricky topic that has been bugging you.

Working with Children Checks are Essential and a copy must be provided prior to the date and registered with Balwyn High School Admin.

Date: Thursday 8th November

Duration: 1 hour

Time: 3.30 pm

Location: Balwyn High School (Meet at Reception)

Contact Estelle

AROUND THE CLUB:-

Busy day for Rotarians of North Balwyn.

First was the catering at Hawthorn Town Hall for the White Ribbon day event

Brilliant job to all involved.



Then shift gears and BBQ and Christmas Raffle ticket selling outside Aldi during the Greythorn Halloween Festival.

The photo was taken before the hoards of children (and some adults!!) dressed in Halloween outfits came past with their buckets, bags and even a pillow slip for treats.



President Nino accepted a cheque for \$700 from the residents of Trinity Manor Residential Aged Care facility for drought relief.

The funds will be forwarded to Rotary's "Adopt a Town" program.



MEETING ROSTERS**Thursday 8 November**

Greeters: Larry Fitzpatrick, John Gartlan
Set Up: Greg Cribbes, Marcel Muntwyler
Desk: Jeanette Leigh, Greg Ross

Annual General Meeting**Thursday 15 November**

Greeters: Rob Head, Brian Hurnard
Set Up: Joe Butler, Jane Pennington
Desk: Terry Keyhoe, Sam Hardikar

Speaker - Vijay Susarla**Host - Findley Cornell****Topic - Timor Consortium**

Foundation Advisor & Project Manager, Vijay will report on the goals, obstacles and successes of the Timor Rotary Consortium.

Assisting the school children of Timor Leste, the project exemplifies the coming together of numerous clubs to achieve great results - Camberwell, Chadstone/East Malvern, Glenferrie, Hawthorn, Malvern and Prahran.

Thursday 22 November

Greeters: Terry Keyhoe, John Koa
Set Up: Adrian Ranson, Rowan McClean
Desk: Steven Greateorex, Geoff Haddy

Speaker - Paul & Rania Scarlett**Host - Geoff Kneale****PARTNERS NIGHT****PARTNERS NIGHT****PARTNERS NIGHT****PARTNERS NIGHT****VENUE:- NORTH BALWYN BOWLS CLUB****Thursday 29 November**

Greeters: Brian Lacy, Imre Lele
Set Up: Bronwen Dimond, Ian Richardson
Desk: Peter Elliott, John McBride

Speakers - Bev Sofra, Brian Thomas
 and Jenny Sanders

Topic - Solomon's Report**NOTICE TO MEMBERS**

In preparation for the AGM members are encouraged to logon to the members' section of the Club website to review the Club's 2017-18 Financial Statements.

The Financial Statements actually encapsulate a history of our activities for the year so are worthy of more than a cursory glance.

Birthdays and Anniversaries between November 4 to November 10

Weddings:**Birthdays:** Ian Adams**Induction Anniversaries:** GREG MATTHEWS, Jim Romanis, John Rennie

Geoff's Health Tips

Keep disease at bay with a daily dose of Vitamin C

Fortunately, we have people on our planet who set themselves apart from everyone else in their ability to make observations of the cause and effect of changing circumstances. One such group is the food scientists who make observations on the diets of groups of people in relation to specific diseases, for instance, the Danish scientists Hans Bang and Jorn Dyerberg who in 1970 observed that the whale blubber, fish eating Eskimos were essentially free of heart disease. Their observation illustrated the necessity to regularly consume Omega-3 fats from fish in your diet to reduce the risk of heart disease.

in 1747, a Scottish naval surgeon discovered that a nutrient in oranges or limes (now known to be Vitamin C) prevented scurvy. This observation was later confirmed by Norwegian scientists in 1912, and then in 1935 Vitamin C was synthesised by Dr Tadeusz Reichstein of the Swiss Institute of Technology. He observed that dogs and most other animals (when stressed) can produce their own Vitamin C from foods containing carbohydrates. Unfortunately, this ability is not available to humans.

- Of all Vitamins, Vitamin C is the most widely sold, and for good reason. We were first made aware that Vitamin C was 'good for preventing colds or at least reducing their severity' and I can personally attest to that.
- It has since been discovered that Vitamin C is a potent antioxidant with increasingly diverse uses in disease prevention. As an antioxidant, Vitamin C has been shown to prevent endothelial dysfunction (vascular thickening).
- Vitamin C also alters fatty acid profiles and coagulation factors to prevent strokes.
- There is evidence that Vitamin C reduces cellular DNA damage - the first step in cancer initiation.

My observation, based on taking Vitamin C powder for more than 38 years, shows it is important to take sufficient - half a teaspoon of Vitamin C powder (Calcium Ascorbate) dissolved in orange juice is a minimum ((half a teaspoon is equivalent to drinking the juice of 30 oranges).

Can you take too much? Yes, you can, and you will most likely get diarrhoea the next day. All this means is that you should reduce the dose for the next few days.

Geoff



Meeting No.19		Thursday, 1st November 2018
Present:		
Guest Speaker	2	Greg Hall & Mgr Graeme Alford.
NB Members	47	
Visiting Rotarians	0	
Partners	19	
Guests	4	Nick Sofra, Wendy Brown (Eileen Toohill), Keith & Aine Rice (Ian Mollison)
Alumni		Maria Gouvoussi
Meals Served	73	Members Present 47 = 63.5% ; LOA = 6, On-Time Apol = 20, No Apology = 1.
External Activities	27	<u>2nd Bite delivery to CamCare</u> - Hugo Goetze: <u>Fairshare</u> - Larry Fitzpatrick.
(Board Approved)		<u>Gardening Project</u> 26 Oct.- Geoff Haddy & Findley Cornell
<u>Reading Program</u> at St Ann's, 30 Oct - John Gartlan, Estelle Kelly & Bill Oakley.		
<u>Men's Shed</u> 30 Oct & 1 Nov. - David Cheney, Peter Elliott, Tony Hart, & Greg Matthews		
<u>Access Health & Community</u> - Adrian Ranson. Make-Up at RC Darwin - David deGaris.		
<u>Catering</u> 31 Oct - Larry Fitzpatrick, Jane Pennington, Janie Pirret, Gavan Schwartz & Geoff Steinicke.		
<u>Camberwell Sunday Market</u> 28 Oct.- Sue MacDonald, Marcel Munywyler. Make-Up Greg Ross - ARH Board.		
<u>RYPEN Camp & Drivers</u> - Anthony Stokes, Imre Lele & John McBride.		
Absence for roster.		Brian Hurnard, Garth Symington, Rob Head, Tony Ho



Christmas Fare

Commonwealth Bank, North Balwyn Village

Friday, 7th December 2018

We are planning the Annual Christmas Fare again this year. Are you able to help with baked goods, puddings, cakes, shortbreads, biscuits, chutneys and much more to tempt taste buds and decorate Christmas tables?

If you are able to help could you please deliver goods to Ian Mollison's office, Helloworld, 66 Doncaster Rd by 5:30pm Thursday 6th December.

This year funds raised will go to
Impact for Women
Making a difference to women
and children fleeing extreme violence
at home

Many thanks for your help.

Do NOT
mind your own business

Do nothing
and you may as well
lend a hand

 impact



Enquires to Bev Sofra Mob: 0438 567861

Fellowship Event

(Like you have never seen before).



Join the crowd and be prepared for a night of action and excitement!

Larry's son Gary has arranged a special tour of The Pits at 4.30pm to explain the ins and outs of these flying machines.

Date: Saturday 10th of November Avalon Speedway (Travel Time approx. 1 hour)

Time: Leave Melbourne (Car Pooling) about 3.00 pm

Event: Sprintcars – Combined Waste – Jackpot Invitational, Wingless

Finish Time: Usually about 10.30pm depending on event stoppages due to prangs.

What to wear: Your oldest jeans and shoes and warm clothing.

What to bring: A comfortable fold up camp chair and a bag with an extra coat in case it's cold.

Food: Buy on track, or bring your own. NO ALCOHOL IS PERMITTED AND BAGS ARE SEARCHED AT THE ENTRY GATE

Cost: \$30 entry, Pay at the gate.

Let Larry Know If You Can Attend

Christmas Raffle

Please let Maurie Walters know which shifts you can help sell Raffle Tickets.

Mobile 0438 005 820 email maurie.walters@fletchers.net.au

Date:- Friday, 9th November, 2018 **Coles, North Balwyn**

SHIFT	NAME	NAME
10.00am - 12.30pm	JOHN KOA	
12.30pm - 3.00pm	JOHN RENNIE	NEIL MARSHALL
3.00pm - 5.30pm	TED WILKINS	MAURIE WALTERS

1
more
please

DATE **Friday, 9th November, 2018**

LOCATION **First Choice, Balwyn**

SHIFT	NAME	
10.00am - 12.30pm		
12.30pm - 3.00pm		
3.00pm - 5.30pm		

6 people
needed

DATE **Saturday, 10th November, 2018**

LOCATION **Woolworths, Balwyn, (with BBQ?)**

SHIFT	NAME	NAME
10.00am - 12.30pm		TAK YUKAWA
12.30pm - 3.00pm	JOHN MAGOR	ELAINE MAGOR
3.00pm - 5.30pm	ROWAN MCLEAN	

2
more
please

DATE **Saturday, 10th November, 2018**

LOCATION **Woolworths, KEW**

SHIFT	NAME	NAME
10.00am - 12.30pm	BRIAN THOMAS	BRIAN LACY
12.30pm - 3.00pm	MARCEL MUNTWYLER	
3.00pm - 5.30pm	JANIE PIRRET	

2
more
please

DATE **Friday, 16th November, 2018**

LOCATION **Woolworths, KEW**

SHIFT	NAME	NAME
10.00am - 12.30pm	JOHN RENNIE	
12.30pm - 3.00pm		
3.00pm - 5.30pm		

DATE **Saturday, 17th November, 2018**

LOCATION **First Choice, Balwyn**

SHIFT	NAME	NAME
10.00am - 12.30pm	BRIAN LACY	
12.30pm - 3.00pm		
3.00pm - 5.30pm		

DATE **Saturday, 17th November, 2018**

LOCATION **Woolworths, Balwyn**

SHIFT	NAME	NAME
10.00am - 12.30pm		
12.30pm - 3.00pm		
3.00pm - 5.30pm		

SUPPORT OUR LADIES TEAM

On behalf of President Nino many thanks to those members who indicated their monetary support of our team of ladies who will Prance Around the Park for End Polio Now.

Donations may be made to the Club Service Account BSB 633-000 Account 146140785

Add your name and the word "Prance" as the reference.

Many Thanks

Findley

End Polio ... Prance in the Park

Save the Date! 17th November if your Club is looking for an event to get involved in around World Polio Day on 24th October, here it is!

District 9800 End Polio Now Ambassador Susie Cole and Club presidents Amritpal Singh (Southbank) & Kitty O'Connor (Laverton/Point Cook) are organising a major fundraiser for End Polio Now and they need 20 Rotary Clubs to send 5 walkers/prancers to participate in the inaugural **End Polio Prance in the Park**, featuring punks, princes & princesses! at Albert Park Lake on Saturday 17th November.

This year only 100 walkers can participate as more than that will require Parks Victoria permits, more complicated infrastructure & time to plan, but if this year is a success it will grow to a major event in 2019 & beyond.

Every Club's Team representatives are being asked to raise at least \$1,000 in sponsorship, wear a **District 9800 End Polio Now T-shirt** (made famous at the Rotary International Convention in Toronto recently!) & dress as a punk, prince or princess at this fun event!

All teams' sponsorships will be attributed to their respective clubs as part of their annual contribution to Foundation and End Polio Now and if the event raises the hoped for \$100,000, with the Bill & Melinda Gates Foundation contribution of 2:1 it will be \$300,000 towards the final push to end polio in the world!

The registration/sponsorship website is coming soon, so meanwhile, who's in?

Susie will be there in her gold shorts helping to run the day, we need 17 more clubs to register & join the Prahran Prancers, Southbank Strutters & Laverton/Point Cook Lopers (working titles – may change) with 5 more prancers apiece!

Let Susie (scole16@hotmail.com) or Kitty (catherine@champagnethursday.org) know if you're up for prancing (or even just walking sedately)?

If not prancing, for an extra charge you can be part of the "End Polio Push".... where you'll be pushed around the 5km course in a DIK loaner wheelchair!

Save the date & NOMINATE!!

Susie Cole
District 9800 End Polio Ambassador
PP Rotary Club of Prahran
scole16@hotmail.com



CAMBERWELL SUNDAY MARKET

ROSTER No 5



CAN YOU
HELP?

Sunday	6.45am – 10.00am	9.45am – 1.00pm
4 November	Tony Wells	Adam Hillary
11 November	Neil Marshall	John Rennie
18 November		Larry Fitzpatrick
25 November	Sam Hardikar	Jim Studebaker
2 December	Garth Symington	Greg Cribbes
9 December	Sue McDonald	Brian Thomas
30 December	Greg Ross	Tak Yukawa
6 January	Rob Head	Terry Keyhoe
13 January	Ted Wilkins	Geoff Steinicke
20 January	Bill Oakley	Ian Richardson
27 January	Don Taylor	Janie Pirret
3 February	Steven Greatorex	Estelle Kelly
10 February	Greg Cribbes	Greg Cribbes
17 February *	David de Garis	
24 February	Phil Francis	Joe Butler
3 March	Geoff Haddy	Anthony Stokes
10 March		
17 March		
24 March		
31 March		

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

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		

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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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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*