



Club Meeting 10 October

It's not often that we have tears at our Rotary meetings but last night there were a few, of laughter, as Peter Bandy, a noted conductor and music leader and broadcaster, described some of his quite hilarious experiences from his time as a part time country radio station announcer at Bunbury W.A. (when his day job was teaching maths at the local high school) in the early 70's through to the present.

Peter had a most friendly presentation style that had the members and guest completely engaged and wanting more. His conclusion, using old tapes of bloopers from various radio presentations and sound bites from his 70's shows, more than captured the imagination of the listeners and generated several comments from "the gallery" that tended to send the meeting into further laughter.

His anecdotes really hit home with our W.A born members – especially Bronwen Dimond who had been taught tennis at school by Peter's mother. His references to the sporting department of the ABC in Perth were enlightening but his reference to a news item he "had" to read as a junior announcer at Bunbury broke everyone up.

His reference to well known music and radio personalities and his associations with them added further to the interest he generated as he spoke to the topic "Media and Music – Life Experiences"

Peter's capacity to describe the details of those experiences certainly did entertain us greatly. Feedback suggested this as one of the best speakers we have been privileged to have.

Our thanks to Gavan Schwartz for the Speaker's report.

Our speaker this week is Jim Callahan. As well as being on the Board of Caterpillar Holdings Australia Pty Ltd, Jim is the General Manager for Hard Rock Vehicles, Caterpillar Inc with responsibility for product strategy, product development, marketing, after sales support and Manufacturing of Caterpillar's hard rock underground mining product portfolio. A graduate of Melbourne University with a Bachelor of Engineering (Hons), Jim has extensive mining experience, including 23 years now with Caterpillar.



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

Camp Getaway weekend 11-13 October
Fellowship Weekend 15-17 November 2019
Ronald McDonald House Visit 27 November 2019
Ladies Christmas Fare Friday 13 December 2019
District Conference March 27-29 2020
[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 if you know in advance.

Or E-mail to apologiesrcnb@gmail.com

Please apologise no later than 5pm
on Tuesday.

About Last Thursday - a note from Tony Wells

A big thank you for all who attended and made last Thursday's meeting a great Rotary experience.

It was a privilege to be the stand-in for President Pete at the meeting which turned out to be a wonderful Rotary evening. Our guest speaker Peter Bandy's account of his personal journey through broadcasting and music (rock and classics) from rural Western Australia to Melbourne was absorbing, humorous and informative. The feedback I heard indicated Peter's relaxed presentation was extremely well received – an ordinary person doing extraordinary things.

Another highlight at the meeting was the presentation of a cheque for \$1,500 to Australian Rotary Health (ARH) which has been celebrating Hat Day as part of its national Lift the Lid on Mental Illness fundraising campaign. RCNB raised the funds through catering at a Quilt makers event and the organisers had asked we direct the money to an appropriate community organisation. Bill Oakley, who managed the catering at the Quilt makers' exhibition, presented the cheque to Greg Ross who is the current chairman of the ARH Board. This is an excellent example of our Club at work, raising funds, enjoying fellowship in the process and then using the results to support the excellent program that is Australian Rotary Health. This is the Rotary way.



Reflecting more broadly on last week's meeting it was great to see the interest, enjoyment and involvement of the collective membership of the Club in the entertaining and informative content and this, I believe, reflects the true spirit of Rotary.

Thank you for helping make this an excellent Rotary evening.

Tony Wells (President Pete's proxy)

President Report

Week 15

This week I was unable to attend our dinner meeting and by all accounts missed a great Guest Speaker in Peter Bandy. Thanks Tony Wells for standing in for me at short notice and Sue McDonald for conducting the Sergeant duty in John's absence.

On the weekend a group of us attended Camp Getaway at Axedale to attend to some maintenance, and gardening. Good progress is also being made on the installation of 60,000 litre water tank and pump house which will become the main stay of the fire sprinkler system.

We were joined by Ken Maxfield too and we all commented what a great facility Campgetaway has become and how it continues to improve with the support from Clubs and generous individuals who give freely of their time and funds. Geoff Steinicke, who is one of those long time supporters regretted that he couldn't attend this year's working bee for the first time. We all raised our glasses to Geoff and wished Judy a rapid recovery. Thanks Gregor for making this weekend happen and keeping us organised. Editor's comment. See photo. Everybody is busy except the supervisor. Well supervised Gregor!!!



MEETING ROSTERS

Thursday 17 October	Speaker:- Jim Callahan
Greeters: David Cheney, Peter Cleary	HOST:- Findley Cornell
Setup Barry Cummings, Bronwen Diamond	Topic:- Tackling the challenge of conducting Safe and Sustainable Mining whilst being a Environmentally responsible Corporate Citizen.
Desk: Phil Francis, Sam Hardikar	

As well as being on the Board of Caterpillar Holdings Australia Pty Ltd, Jim is the General Manager for Hard Rock Vehicles, Caterpillar Inc with responsibility for product strategy, product development, marketing, after sales support and Manufacturing of Caterpillar's hard rock underground mining product portfolio. A graduate of Melbourne University with a Bachelor of Engineering (Hons), Jim has extensive mining experience, including 23 years now with Caterpillar.

Thursday 24 October	Speaker:- Jane Sullivan
Greeters: Tony Hart, Jagath Jayasinghe	HOST:- Jane Pennington
Setup John McBride, Neil Marshall	Topic:- Storytime
Desk: Marcel Muntwyler, Bill Oakley	

Readers of the Saturday Age will be familiar with Jane's weekly column called "Turning Pages" in which she discusses all manner of matters literary, from classics to their modern day equivalents. She writes for readers of all ages including ourselves when we were young, recalling her own childhood love of reading as a fan of Enid Blyton, Alice in Wonderland, The Wind in the Willows and Christopher Robin and Winnie the Pooh. Jane is also an author and in her most recent book she reviews her love of childhood reading from an adult perspective. Those of you who are members of a book group could find that your fellow book group members are most interested.



Thursday 31 October	Speaker:- Bryan Martin
Melbourne Cup Night Partners Night	HOST:- Bob Bott
Greeters: Greg Cribbes, Peter Elliott	Topic:- Horse Racing in his blood
Setup Larry Fitzpatrick, John Gartlan	
Desk: Ian Adams, Adam Hillary	

Bryan Martin OAM is a well-known race caller who has lived for horse racing since he listened to his first Melbourne cup on radio as a six-year old. His career has taken him all over the world including the excitement of Japan in 1990 when he called the great run of the Australian thoroughbred champion, Better Loosen up' winning the prestigious Japan cup. We may be able to recreate a little of that excitement on the night.

Thursday 7 November	Speaker:- TBC
Greeters: Geoff Kneale, Imre Lele	HOST:- TBC
Setup Findley Cornell, Rob Head	Topic:- TBC
Desk: John Rennie, Nino Sofra	

Birthdays and Anniversaries between October 14 to October 19

Weddings:	Brian and Joan Lacy
Birthdays:	Ian Richardson, Joan Richardson, Bill Oakley, Ala Taylor,
Inductions:	Nil

Geoff's Health Tip**High Fibre Diet tied to Lower CV Risk in Hypertension**

One topic that keeps re-occurring in the medical and scientific press is the problem of insufficient dietary fibre in our diet.

Low intake of protein, fiber, vitamins and minerals and high intake of carbohydrate and fat are known to be associated with an elevated probability of coronary vascular disease (CVD), however information regarding the relationship between a high-fibre diet and CVD is limited.

Readers might remember that I had previously discussed dietary fibre in these pages under the following topics:

'High Fibre Diets are also Good for the Brain' 18th March 2018

'Dietary Fibre is tied to living a Long and Healthy Life' 14th October 2018

'More Fibre for Colon Health' 2nd March 2019

Now new research has now shown that high-fibre diets can improve blood pressure, cholesterol levels and fasting glucose in patients with hypertension, and as a corollary, reduce cardio vascular risk.

This study was conducted at the Care Well Heart and Specialty Hospital, Amritsar, India with the results presented at the American College of Cardiology Middle East Conference 2019.

- * The researchers tracked the fibre intake of 200 individuals to investigate whether dietary changes in patients can control hypertension and associated risk factors such as CVD.
- * One group of participants increased their fibre consumption up to 20-25% from the recommended allowances over a 6 month period whilst the control group did not adjust their diet.

Compared with the control group, **the high-fibre group showed that those adhering to the dietary changes had a significant improvement in systolic and diastolic hypertension, serum cholesterol, low-density cholesterol and fasting glucose.** This result also indicates that patients with type 2 diabetes would benefit from a high-fibre diet.

Geoff





Garth Symington's family teaching Mongolian students water safety and surfing at Angelsea in January 2018.

Mongolian Cultural Immersion program

On January 5th a contingent of 8 Mongolian students and 3 female chaperones arrive for a two week stay, departing January 20th. We are seeking home hosts for students and chaperones. Chaperones may be home hosted singly but Rotary International decrees students MUST be hosted in pairs. There are four boys and four girls in the group.

The students range in age from 12 – 17 years. The 12 year old boy is the grandson of the contingent leader, Byamba Chultem, who is very experienced in working with young people travelling internationally. Her grandson will be hosted with one of the older students. The ages of the other students range from 14 – 17 years.

The Youth Committee has planned a program comprising day activities, a bus tour along the Great Ocean Road and free time for host families to choose daily activities. The Melbourne students we took to Mongolia in July are invited to join the Mongolian students in all activities.

All members of the host family over the age of 18 years are required to have a Working With Children's Check.

Day activities will include catering for lunches or evening meals. Assistance with catering will also be required. It is another opportunity for RCNB members to meet and interact with the Mongolian group.

The visit by the Mongolian group in January 2018 was very successful with RCNB members contributing where they felt able to.

Ask Jane Pennington, Ian Adams, Bill Oakley, Peter Downton or Estelle Kelly for further details.

Estelle Kelly

Boroondara Community Outreach



Christmas Hamper Project

Dear Members,

Last year Diane Goetze asked us to support the socially isolated at Christmas time by helping provide a Christmas gift of Toiletries and Food. This Christmas Hamper is a way of showing that people are thinking of them at this difficult time. The response last year was great and we wish to repeat it.

Items requested are Toiletries, non-perishable food and failing this, cash donations are always welcome!

Last year members asked local pharmacies and businesses for samples which was well received.

The Christmas Hamper Project aims to provide 497 hampers to the vulnerable in our community.

Each week from later in October, Hugo will have a box or basket at Club Meetings to collect the toiletry items for the men & women in Kew rooming houses.

Thanks in advance for your help.

Hugo and Diane Goetze

Meeting No.16

Thursday, 10th October 2019

Present:

Guest Speaker	1	Peter Bandy - His Experiences in Media & Music.
NB Members	41	and One NO SHOW.
Partners	1	Joan Lacy

Members Present 41 = 60.3% ; Membership = 68

External Activities :

16

GARDENING PROJECT - next 11th October ;

CAMBERWELL Sunday Market, 6/10 - Jim Romanis & Greg Matthews;

DIK - Peter Sutherland (8/10) ; FARESHARE - Jane Pennington;

2nd BITE delivery to CamCare, 10/10 Imre Lele ; CATERING - next 16th October;

SCHOOLS' READING PROJECT - Kris Walters, Eileen Toohill & Phillip Wade ;

MEN'S SHED 7 & 10/10, Peter Elliott, David Cheney & Greg Matthews (2);

RC Sorrento - John Rennie (2/10) & George Swanson (9/10) ;

RC Sandy Bay - Bill Oakley; RCs Hawthorn & Glenferrie - Greg Ross (2).

Next Week's absences - 8 LOA plus 7 Apologies so far.



**Boroondara
Cares**

Boroondara Chances Golf Day on 28/10/2019

Boroondara Cares Foundation operates the Boroondara CHANCES Scholarship Program which gives out over \$100,000 a year to about 100 worthy students locally. The scholarships are merit based and help close the gap in school expenses.

Here is a tremendous opportunity to help students from less well-off families succeed in their education. There are three ways you may assist:

1. Sponsor a hole in the name of your business from \$300.00;
2. Book yourself or a group of 1 to 4 players into the golf day – see below
3. Make a donation via Boroondara Cares Foundation on their website, www.boroondaracares.org.au

Bookings

Visit www.trybooking.com to find our event, Boroondara Cares CHANCES Golf Day 2019 and follow the prompts.

You can go straight to the event with the following link

<https://www.trybooking.com/BEFSJ>

The funds raised will support the CHANCES Scholarship Program which is a major Boroondara Cares initiative supporting students in the area who are financially or socially disadvantaged.

Another great example of Rotary International at work.
Supported by the 8 Rotary Clubs in the Boroondara area

Competition Format

Ambrose – foursome

Date

Monday 28th October 2019 from 11am

Venue

Box Hill Golf Club, 202 Station Street, Box Hill

Cost

The cost is only \$100.00 per person that includes a light lunch, 18 holes of Golf and a BBQ buffet dinner following the event, plus lots of prizes for winning groups, best drive and nearest to the pin.

Book direct as indicated or contact Garth Symington (RC of North Balwyn)
For more information on 0419 519 899 or at garths45@icloud.com



"People don't know what they want until you show it to them" Steve Jobs

Public Image and Membership Seminar

Want to improve your Web page, impact through Social Media, write a successful Press Release, confidently tell your Rotary Story and attract new members ... well, this day is for you!!

Venue: Baden Powell College Derrimut Heath Campus
Sycamore Street, Hoppers Crossing.
Date: Saturday the 9th November 10 am to 2:30 pm
Bookings essential Kerry Kornhauser E: Kornhauser.k@gmail.com

Julie Mason
Past District Governor 2015/16
Rotary District 9800
Public Image Assistant Coordinator 2018/2020
Mobile: 0402 324 093

Kerry Kornhauser
Public Image District 9800
Mobile: 0411 597 690



Songs & Stories from the Deep

Water is often used as a metaphor. It is serene and turbulent, deep and shallow, calming and disturbing, pacifying and irritating.

All Directions Community Choir have chosen water as the point of departure to explore what it means to be human and living with a mental illness. We have incorporated some gospel and modern songs that use water as a focal point, and added to these our own original songs, poetry and prose.

Time: 7pm - 8pm

When: Thurs 24th or Sat 26th Oct

**Where: Habitat Uniting Church Hall
23 Highbury Grove, Kew**

**Cost: \$25 Concession
\$40 + Waged
Cheese Platters & Refreshments incl**

WWW.TRYBOOKING.COM/BFEWN

OR PHONE NATALIE 0409 019 269

ART EXHIBITION 5:30 - 6:45 & 8PM



FUNDRAISER

FOR BCO ARTS & MUSIC ACTIVITIES

"We support people who are socially isolated or living with a mental illness, to live with dignity and engage in community" www.BCOkew.org

Second Bite Roster

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

Food is picked up from 2nd Bite between **8:15 and 8:45 am** every Thursday and delivered by **9:45 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
17	Oct	Greg Cribbes	
24	Oct	Maurie Walters	
31	Oct	Rob Head	
7	Nov	Garth Symington	
14	Nov	Geoff Haddy	

Catering Roster

Catering is one of the major fundraising activities - help is always wanted!! so if you can help at any of the following, please email: admin@rotarynorthbalwyn.com.au

16 October	Hawthorn Arts Centre		10.30am to 2.30pm	
Wednesday		1	Jane Pennington	2 Peter Sutherland
		3	Sally Sutherland	4 Sue McDonald
		5		6
		7		8
25 October	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Road	1	Greg Cribbes	Bill Oakley
	Box Hill	2		
		3		
		4		
		5		
31 October	Halloween		5.30pm to 8.00pm	
Thursday	Greythorn Traders	1	Jagath Jayasinghe	2
	Greythorn Village	3		4
		5		
2 November	Maserati Club		7.30am to 2.00pm	
Saturday		1	Jagath Jayasinghe	2 Bill Oakley
		3	Bill Oakley	4
		5		6
		7		8
16 November	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Road	1	Jagath Jayasinghe	Bill Oakley
	Box Hill	2	Bill Oakley	
		3		
		4		
		5		
10 December	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Tuesday	Nunawading	1		
		2		
		3		
		4		
16 December	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Monday	Middleborough Road	1		
	Box Hill	2		
		3		
		4		
		5		

Gardening Schedule

Thursday October 17	XC 25 boys a large group	9.30>1.30	S Greatorrex	T Yakawa I Adams plus 1 more please
Friday October 18	CGS, XC	3-5pm	G Cribbes	J Pirret
Saturday, October 19	MLC	10-noon	S Hardikar	M Muntwyer
Friday, October 25	CGS, XC	3.45-5pm		I Adams
Friday, November 1	CGS, XC	3-5pm	G Haddy	T Yakawa
Friday, November 8	CGS, XC	3-5pm	G Cribbes	F Cornell
Friday, November 15	CGS	3-4pm		I Glenney



CAMBERWELL SUNDAY MARKET ROSTER – No 61

Sunday	6.45am – 10.00am	9.45am – 1.00pm
20 October	Greg Cribbes	John Magor
27 October	Imre Lele	Adam Hillary
3 November	Geoff Kneale	Findley Cornell
10 November	Rob Head	Janie Pirret
17 November	Brian Lacy	Terry Keyhoe
24 November	John Rennie	Eileen Toohill
1 December	Ian Richardson	Anthony Stokes
8 December	Brian Thomas	Jagath Jayasinghe
29 December	Greg Ross	Ted Wilkins
5 January	Don Taylor	Tak Yakawa
12 January	Sue McDonald	
19 January		
26 January		Marcel Muntwyler
2 February	Estelle Kelly	
9 February		
16 February	Don Taylor	
23 February	Garth Symington	
1 March		
8 March		
15 March		
22 March		
29 March		
EMERGENCIES	If available	Tony Wells 0400 077 647
	If available	David Cheney 0417 355 370
	If available	Adam Hillary 0412 191 413
	If available	John Gartlan 98598559

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

Also on our webpage at <https://rotarynorthbalwyn.com.au/page/sunday-market>

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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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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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*