



MEETING REPORT

Chairman Brian Lacy and Speaker Alister McNab were both admitted to the Victorian Bar in the early '90s.

After 26 years in an extensive legal practice including commercial, employment, industrial relations and discrimination law, in March 2016 Alister was appointed as a Judge of the Federal Circuit Court of Australia.

The Federal Circuit court is akin to the state County Court however it hears national cases involving family law, bankruptcy, copyright and fair work matters. Being a 'travelling court', Judge McNab has presided over a broad range of cases complicated by diverse demographics. "I have seen cases certainly not involving the traditional nuclear family but complicated by 7 or 8 step siblings of 4 or 5 fathers and impacted by drug and alcohol abuse and over 20 DHS visits."

On the commercial sphere, family bankruptcy cases can be very confronting while the challenge of the judge is not to be judgmental of those involved but to examine the technical matters of the case at hand.

Recent media has covered many large scale cases of underpaid employees where the affected employees have not complained due to their immigration status. Fruit picking businesses are a significant offender.

Last year saw over 10,000 immigration applications whereby the flaws of the system are driven by the appeals process. Those applicants, even in the most hopeless of cases involving bridging visas, are entitled to continue their various appeals processes for years, at significant cost to the taxpayer, in order to prolong their stay in Australia.

Judge McNab summarises his career as "a great opportunity to assist people". Proud of his father's Rotary membership in Foster, Alister is from a musical family that has driven his unstoppable saxophone passion.

Our thanks to Geoff Kneale for the Speaker's report.



Host for the meeting, Brian Lacy with
Our speaker Federal Court Judge Alister McNab

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.**

FROM THE PRESIDENT'S DESK

Many member are currently enjoying warmer climates in Northern Australia and further afield but those who attended were treated to a wonderful presentation from Alister McNab. I encourage members to read the welcome to Alister from the Federal Circuit Court [HERE](#)

News from around The Club.

Our Mongolian team of 9 young students and chaperones, Peter Downton and Estelle Kelly, have settled into Ulaanbaatar Mongolia. We wish them well for the remainder of their three week Cultural Immersion Program and look forward to hearing from them upon their return.

Facebook users can find more photos and story [HERE](#).

Our Catering team has been busy already this year with a cold but successful Reclink Cup event at Victoria Park, Abbotsford, on June 23. Read more [HERE](#) A "Big Cheque" will be presented to the CEO of Reclink John Ballis at a forthcoming meeting. A crowd of over 11,000 attended. Read more [HERE](#)

Last Saturday the weather was not friendly and we employed Bill Oakley to hold down the Bunnings BBQ shelter whilst our other volunteers raised \$1,500 in sausage and drinks sales. Well done team under trying circumstances!

Geoff Steinicke reminds members to see him for a [Melbourne Entertainment Guide](#). Geoff says he has had a positive return on investment already from his recent night out on the town! Your purchase helps our club raise funds too!

Secretary Gavan congratulated those members who have already paid their annual subscription. Invoices have been E-mailed out; enquire with Gavan if you have not received yours. Gavan also has new Rotary lapel pins available for sale at \$5.50.

Gavan has also written a new policy, "The Mutual Respect Policy" to reinforce our 4 way test principle about building goodwill and better friendships. This can be found in the Member's Section of our Website.

My Rotary. Have you signed up for [My Rotary](#) Website? I encourage every member to do so to access RI and District information. There is also a Learning Centre where you can undergo training in personal development and in areas of Rotary that interest you. Please also visit your [RCNB Website](#) regularly for updates about club activities. Rosters for our volunteering can be found on our website.

The next "Big Event" is the Miniatures Exhibition at Mount Waverly next weekend the 13th and 14th of July. Bill is organizing the roster.

President Pete

\$365.00**AMOUNT NOW DUE**

Thank you to the 43 members who have paid their RCNB subscription.



**Rotary Club of North Balwyn
Inc.
PO Box 135
North Balwyn
Vic 3104**

ABN: 15 960 124 742



Preferred payment method:

By internet direct bank transfer to the Club's Administration Account at Bendigo Bank:

BSB: 633 000 A/c Number: 146470653

A/c Name: "Rotary Club of North Balwyn Inc. Administration Account"

Please be sure to enter your SURNAME and "SUBS" in the appropriate internet field so these details appear on the Club's Bendigo Bank statement to assist identification.

MEETING ROSTERS

Thursday 18 July
Greeters: Peter Downton, Neil Marshall
Set Up: George Swanson, Eileen Toohill
Desk: Tony Hart, Jeanette Leigh

Speakers:- Volunteers Anne Maree and Emmanuel
Host:- Jane Pennington
Topic: Breaking Poverty in Uganda



One of the most enthusiastic presentations you will see – Uganda is hamstrung by extremely high youth unemployment and crime. Listen to this fascinating story of success to create jobs and generate self-value for the struggling youth of Uganda.

Thursday 25 July
Greeters: Adam Hillary, Sue McDonald
Set Up: Rob Stewart, Maurie Walters
Desk: Imre Lele, Kinga Paulheim

Speaker: Ken Mitchell and Thorold Merrett
Host:- Geoff Kneale
Topic: 1958 Grand Final

The 1958 Grand Final between Melbourne and Collingwood was as fascinating on field as off-field.

Historical and enthralling, this week we are blessed to hear from Thorold Merrett, Best On Ground, and have a number of other players attend to hear the stories behind the MCG arm wrestle that still enthralls us 61 years later.

Thursday 1 August
Greeters: Estelle Kelly, Ian Richardson
Set Up: Jim Studebaker, Jane Pennington
Desk: Greg Ross, Ted Wilkins

Speaker: Nil required
Host: President Peter Sutherland
Topic: Forum Night

Meeting No.3

Thursday, 11th July 2019

Present:

Guest Speaker 1 Federal Circuit Court Judge Alister McNab, & what this work entails.

NB Members 41 Members Present 41 = 60.3% ; Membership = 68

Apologies - On Time = 14, Late =2, LOA = 11.

External Activities : 14 CAMBERWELL Sunday Market, 7/7 - Bill Oakley & Marcel Muntwyler.

(Board Approved) '2nd BITE delivery to CamCare, 11/7 - Jim Studebaker

MEN's SHED 9 & 11/7 - David Cheney, Peter Elliott (2), Tony Hart, Greg Matthews

FARESHARE - Larry Fitzpatrick & Garth Symington.

GARDENING PROJECT & 'SCHOOLS' READING PROJECT -in recess for school term holidays.

BBQ CATERING - next is Miniatures 13 & 14 July. Greg Ross - RC Camberwell & Victor Harbour (SA)

Peter Sutherland - DIK Board meeting & Passport club meeting.

Apologies for next week - 10 LOA plus 9 apologies.

Birthdays and Anniversaries between July 15 to July 21

Weddings: Nil

Birthdays: Joan Cooper, Helen Mary Gartlan, Penny Evans, Elaine Magor, Jack Liao, Neil Marshall

Inductions: Nil

Rotary International Convention in Melbourne 2023

It is with great excitement that Rotary Club of Melbourne announces Melbourne as the host city for the 2023 Rotary International Convention, attracting over 20,000 delegates and the largest Conference secured this century for Victoria.

Thirty years since Melbourne hosted the same international event.

President Robert Fisher announced: "This is fantastic news for Rotary in our part of the world."

Huge congratulations are due to Hugh Bucknall, the Melbourne Convention Bureau, the D9800 Bid Team, many of our own members and countless others who put their collective shoulder to the wheel and demonstrated to Rotary International the kind of magnificent Convention we would stage in Melbourne!"

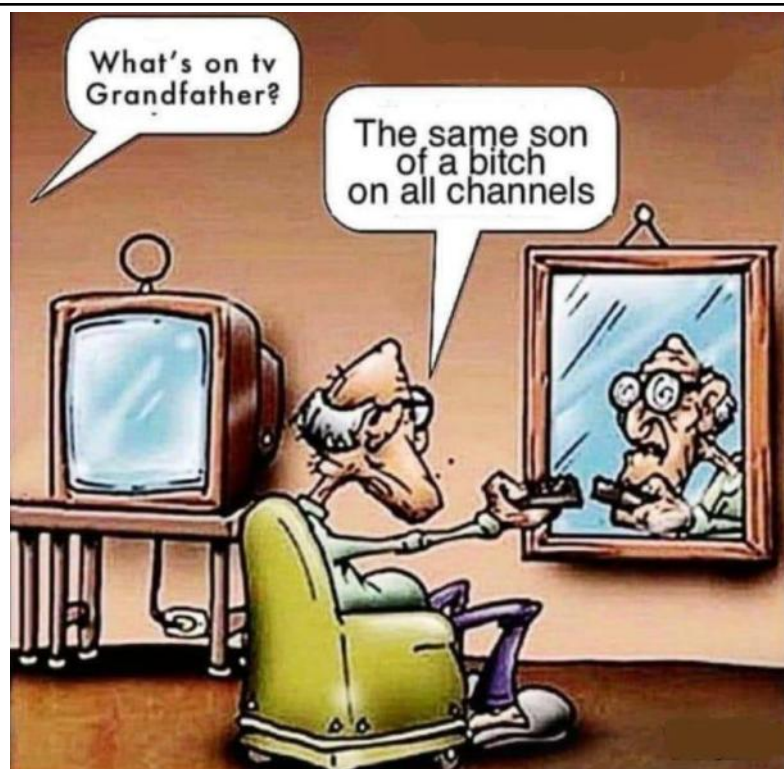
This is a Big Deal!

Melbourne is a Big Events City! The global spotlight will be on Melbourne and how we present ourselves to the world.

The Convention will take place in late May 2023 using superb venues; Rod Laver Arena and the Melbourne Convention & Exhibition Centre. All activities and events are within the "Heart and Soul" of Melbourne.

This is now a Multi-District project initiated by RC Melbourne and D9800. A vital part of hosting is to have an engaged and energised volunteer team to assist all visitors during the Convention.

So all Rotarians: "Save The Dates" 27-31 May 2023!





Get busy at our men's sheds

Did you know that we have four men's sheds in Boroondara?

A men's shed is a community space which welcomes men of all backgrounds and ages to socialise and join in a range of activities. We have four men's sheds in Boroondara; Alamein, Kew, Hawthorn and Balwyn North.

They play an important role in the community, creating supportive and welcoming environments where members have the chance to keep active and meet new people, as well as share and learn new skills, like woodwork.

The men's shed in Buchanan Avenue, Balwyn North is a joint project between Council and the North Balwyn Rotary Club. It opened in September 2017 and has already grown its active membership base to 77.

Chairman and President, Tony Hart explained that the shed came about when the North Balwyn Rotary Club held a forum with the local community and a shed was flagged as a top priority.

"Everyone was keen to create a place for socialising and a safe place to discuss mental health," Tony said.

One of the main activities on offer is woodwork, with members able to collaborate on assignments or bring in their own personal project.

Supervisor, Tony Brownbill stressed that members don't need to have skills to join.

"A lot of us have skilled backgrounds so we are here to teach new members", Tony said.

"Many men go in to retirement and don't know what to do with their time. The shed gives them a place to go and something to do, as well as companionship."

Men's sheds also provide members with the chance to give back to their community through helping with maintenance jobs and special projects.

Supervisor, Bernie Smith said the men's shed was recently approached by a local kindergarten to create a boot rack for the kids.

"We also built a cubby house for Bunnings, who then donated it to a special school in Burwood," Bernie said.

The North Balwyn Men's Shed is expanding its offerings by revamping its outdoor area to create garden beds for those with a green thumb and a safe area for members to do metal work.



Interested in joining a men's shed? For more information about Boroondara's men's sheds including locations, visit www.boroondara.vic.gov.au/mens-sheds or call 9278 4094.

Geoff's Health Tip

How Much and How Often Should You Eat Chocolate?

We are now quite certain that raw cocoa, one of the richest sources of flavonols, offers significant health benefits, particularly improving heart health. Flavonols act as antioxidants, mopping up free radicals that damage our bodies' cells. The problem is that cocoa is naturally bitter, and a sweetener (sugar) is added to make chocolate palatable.

What to look for when selecting the healthiest chocolate.

Firstly, you should be looking for Dark Chocolate. That is, chocolate with more than 70% cocoa and less than 30% sugar and no other ingredients except cocoa butter. Maybe there will be an emulsifier listed, but it will be present in only a minor quantity. Very dark chocolate has the highest amount of cocoa and the least amount of sugar and other ingredients.

Milk chocolate is not a good choice as it contains more sugar, milk powder and of course less cocoa. It is also cheaper to produce because cocoa is the most expensive component. Gradually the population are waking up to the fact that dark chocolate is healthier and sales of milk chocolate are falling proportionally as a result.

How Much Chocolate Should You Eat

Eating chocolate may have advantages, but it brings up the question of how much is beneficial and what the limit is before over-indulgence cancels the positive effects. Suggestions for a concrete number of grams or ounces are hard to come by. Most experts agree that the recommended amount of dark chocolate is approximately 18grams to 36grams/day (three to six segments), although as little as one segment a day has a significant flavonal effect.

How Often Should You Eat Chocolate

A 2011 research review among subjects who ate chocolate more than twice a week found a 37 percent lower risk in developing cardiovascular disease, a 31 percent reduction in risk of diabetes, and a 29 percent reduction in risk of stroke. But in general it seems preferable to consume smaller amounts of chocolate at more frequent intervals, always remembering that chocolate contains sugar and over-indulgence will affect your waistline.

Is there such a thing as a guilt-free pleasure when it comes to food? Absolutely, and chocolate is one of them.



Geoff

2019/2020 ENTERTAINMENT BOOK

2019/2020 ENTERTAINMENT BOOK

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

Make way
for 2019 | 2020
Entertainment
Memberships!

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

Purchase your 2019 | 2020 Entertainment Membership!

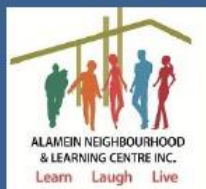
Boroondara Men's Health Forum



Presented by the Boroondara Sheds - Nth Balwyn,
Hawthorn , Alamein and Kew.
Come and hear an important men's health message.

Thursday 18 July 1pm
The Blackwood Room, Boroondara Council
8 Inglesby Rd Camberwell
Refreshments will be provided

Further information contact Stuart Milligan
Alamein Men's Shed 98859401





*Eva Tilley's
Winter Wonderland
Gallery Evening*

Wednesday 24th July 2019
from 6:30pm for a 7:00pm start

Please join us in this exciting exhibition of
resident's talents!

A night of wine, cheese, entertainment,
raffles, and silent auction

We invite you to view the collection of works during the
evening and listening to the pleasant music by
"Friends of Eva Tilley"

This is a fundraising event that will assist in the
Art and Music Program at Eva Tilley



Please RSVP with Lifestyle Team or Reception on
9859-9541 by 19th July 2019

Rotary Club of Brighton presents the Bastille Night go to to

<http://rotarybrighton.com.au/book-event/39303/bastille-night> to register

Bastille Night



Sacré bleu!
**French Themed
Partners Night**

**Thursday 18 July
Milanos Terminus
Room**

6.00pm for 6.30pm



Included in price of \$40pp:



Champagne on arrival
French Singer
Great Food
1 bottle Red Wine
1 bottle of White Wine
on each table
Great Speakers
Hennessy Cognac tasting
Special Auction



Wear your favourite French outfit, beret, a moustache or a cancan skirt!

Join in the fun and it will be c'est magnifique!

Bookings are essential. Book via Club website.

Enquiries: Contact Sylvie Berchick or Anthony Langley



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 Mahall

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

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
18	July	Jim Studebaker	
25	July	Hugo Goetze	
1	Aug	Geoff Haddy	Garth Symington
8	Aug	Steven Greatorex	Hugo Goetze
15	Aug		Hugo Goetze, Geoff Haddy
22	Aug		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		Geoff Haddy, Garth Symington
26	Sept		



CAMBERWELL SUNDAY MARKET ROSTER – No 47

Sunday	6.45am – 10.00am	9.45am – 1.00pm
21 July	Geoff Kneale	Findley Cornell
28 July	Geoff Haddy	Brian Lacy
4 August	Peter Sutherland	Janie Pirret
11 August		Ian Richardson
18 August	Sue McDonald	
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

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)

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

27 July	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1	Kinga Paulheim	
	Box Hill	2		
		3		
		4		
		5		
9 August	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1		
	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		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		
	Centre, Blackburn South	2		
		3		
		4		
		5		
		6		
	Coffee Barista	7		
	Coffee Barista	8		

Rotary Gardens Project

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 19 July	CGS, XC	3-5pm	G Haddy	I Glenny
Fri 26 July	CGS, XC	3-5pm	G Symington	I Glenny
Sat 27 July	MLC	10-noon	G Haddy	T Yakawa
Fri 2 Aug	CGS, XC	3-5pm	R McClean	I Glenny
Fri 9 Aug	CGS, XC	3-5pm	Colin 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
Sat 17 Aug (special)	CGS Spl	10-noon	G Steinicke	M Muntwyler
Fri 23 Aug	CGS, XC	3-5pm		I Glenny
Sat 24 Aug	MLC	10-noon	G Symington	R Head
Fri 30 Aug	CGS, XC	3-5pm		I Glenny
Sat 31 Aug (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 HOLS				
Fri 11 Oct	XC	3.45 – 5pm		E Kelly
Sat 12 Oct	MLC	10-noon		
Fri 18 Oct	CGS, XC	3-5pm	G Cribbes	
Sat 19 Oct	MLC	10-noon		
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 \(0447 483 493 or email neiltric@yahoo.com.au\)](mailto:Neil.Marshall@0447483493)

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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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*