



Meeting Report 28 November

Last night Kitty O'Connor gave us a passionate account of the Polio program of the Rotary Foundation.

She began with an account of how she "got into" Rotary and more especially "Polio".

Then Kitty quoted a few financial figures about our club's involvement in the Foundation including an all time giving amount of \$290,773.82 USD (around A\$427,608) which ranks us 12th in Australia.

Some current facts about polio.

113 current cases at December 12 and another in the last four days.

2.6 billion dollars has been committed to the "End Game Strategy 2019-2023.

Only 2 countries still have Polio type 1 virus, Afghanistan 22, Pakistan 99.

There are 3 types of wild polio virus, each with a slightly different capsid protein. Type 2 was eradicated in 2015 and type 3 this year.

(Type cVDPV Angola 73, Congo 61, Nigeria 18, Ghana 10)

The first polio vaccine by a rotarian was administered on September 29, 1979 in the Philippines by then RI President James L Bomar Jr.

We thank Kitty for a thoroughly clear, concise and inspiring presentation.

Our thanks to Findley Cornell for the meeting report.

Footnote:-In the run up to the WPV certification of the African region next year, the Africa Regional Certification Commission is currently conducting a visit in Nigeria to analyze and verify the accuracy of the certification documents prepared by the Nigerian Government. [Read more](#).

"It is important that the Nigerian government and partners avoid any complacency that could jeopardize Nigeria's removal from the list of polio-endemic countries and certification of wild polio virus interruption for the African Region", said Dr Pascal Mkanda, Coordinator at Polio Eradication



Speaker Kitty O'Connor with our Host for the night Findley Cornell.

Our Leadership



RI PRESIDENT
Mark Maloney



DG Grant
Hocking



AG Eastside
Barry
Hickman



President
RCNB
Pete Sutherland



Club Diary

Brunch at Warren Wood Sunday 12 January 2020

District Conference March 27-29 2020

Camp Getaway weekend 16-18 October 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.

MEETINGS THURSDAYS

6 for 6.30pm

Kew Golf
Club

120 Belford
Road Kew
3102

Ph.

9859 6848

President's Report

Dear Members,

Thank you all for contributing so much of your time to our Club's activities in the last week.

Friday 6 December: Nino and others helped out the Kew Rotary Club BBQ at the Kew Festival.

Saturday 7 December Tony Hart and Rowan McClean promoted Rotary, The Men's Shed and International Projects to the public at the Greythorn Village Christmas Celebration.

Sunday 8 December. The usual Sunday bike ride to New Quay for coffee (Meet at Chandler Hwy at 8.45am if you wish to join in).

Monday 9 December. Group visit to Numurkah lead by Geoff Kneale, with Greg Cribbes, Rob Head, and Peter O'Brien (Balwyn Rotary Club.) to discuss Drought Relief assistance possibilities.

Tuesday 10 December. Nino organised the Bunnings BBQ at Bunnings Nunawading. Peter volunteered at DIK, and Jane conducted a Rotaract Meeting

Wednesday 11 December. Jane and Peter helped load the DIK Truck with School desks and Chairs at Deepdene Primary School. Peter picked up office chairs from REIV and donated them to St Bridget's Primary School.

Thursday 12 December. Garth did Second Bite delivery to CamCare and Peter loaded Computers donated by Boroondara Council with PDG Don Jago (Balwyn Rotary Club.) and delivered them to DIK.

Friday 13 December. The annual Ladies Christmas Fare was held followed by a Ladies Lunch at the Sutherlands

....and there will be more to report about more activities next week.



This week is a Partners Night and our Christmas Meeting. Be sure to advise Hugo of Guests and Partners attending. Wear your Christmas colours and smile and get ready to sing your favourite Christmas Carols with the famous duo of Maurie and Rowan on guitar.

Have a great week in Rotary

President Pete

The Rotary Club Board has confirmed our last meeting at KGC for 2019 will be Thursday 19th December (Christmas meeting).

We plan to resume Club meetings at KGC on Thursday January 16th (with an informal bbq meal on this date).

Regular dinner meetings would be scheduled from Thursday January 23rd.

Don Taylor is also arranging our traditional brunch at Warren Glen Nursery on January 12th and I believe he will/has contacted you independently about this.

Advice from Neighbourhood Watch and the Police

Check public data breaches for your email address through haveibeenpwned.com:

- it's free to do as often as you like
- you can also subscribe to the service which will let you know if your email address appears in any future public data breaches.

Around the Club this week, Carols in The Park



MEETING ROSTERS

Thursday 19 December
Greeters: Terry Keyhoe, Bill Oakley
Setup Garth Symington, Barry Cummings
Desk: Nino Sofra, Geoff Steinicke

Christmas Meeting. Partners' Night
Evening Program arranged by
Fellowship Committee

Our traditional Christmas partners' meeting is our final meeting for 2019 because there is no breakfast barbecue this year. So this will be your chance to get into the spirit of Christmas with an evening of fellowship and goodwill.

Thursday 16 January
Greeters Ian Adams, Peter Downton
Setup Estelle Kelly, John Magor
Desk: Peter Elliott, Jane Pennington

BBQ at Kew Golf Club
No Speaker required

Thursday 23 January
Greeters J Jayasinghe, Duncan Ansell
Setup Geoff Kneale, Rowan McClean
Desk: John McBride, Eileen Toohill

Speaker:- Andrew Sutherland
 and Hugo Goetze
Host:- Jagath Jayasinghe
opic:- Autobiographies

One youthful third-generation Rotarian and one not-so-youthful but invaluable and highly esteemed Rotarian will entertain us with their stories. This evening promises to be up there with all the best of past autobiographies.

Thursday 30 January
Greeters Kinga Paulheim, Sam Hardikar
Setup Sue McDonald, Greg Matthews
Desk: Neil Marshall, Nino Sofra

Speaker:- Sandy Givens
Host:- Jane Pennington
Topic:- Relay For Life

Sandi Givens is an inspirational volunteer guiding the Manningham Relay for Life which is an exciting and moving overnight experience that raises vital funds for the Cancer Council's research, prevention, information and support services. The Rotaractors have met Sandi because they had a team in the 2019 Relay for Life and are keen to repeat in 2020.



Birthdays and Anniversaries between December 16 to December 22

Weddings: Marcel and Maree Muntwyler, Tony and Jo Wells, Jack and Jo Liao
Birthdays: Phil Francis, John Rennie, Phil Wade, Kristine McDonell, Findley Cornell, Peter Sutherland, Jan Cheney
Inductions: Nil

Geoff's Health Tip Bored or Board?

Good news, elderly adults playing board games may protect them against cognitive decline and even boost cognitive function.

In a recent study, published online in the *Journals of Gerontology: Psychological Sciences*, the results showed that higher frequency of playing board games seemed to guard against cognitive decline.

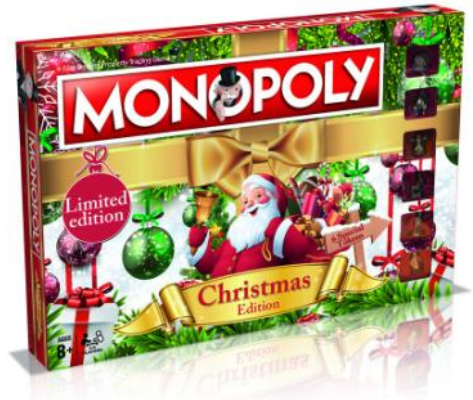
In the study, in which there were 1,091 participants aged between 70 and 79, 33% of participants reported playing games daily or nearly every day, and 20% played games less than once a year or never. The remaining participants fell in between.

Even among individuals in their 70s, those who played more board games experienced less decline in memory and other cognitive measures compared to their counterparts, who either did not play board games or who played fewer board games.

Some participants changed their game-playing habits between the ages of 70 and 76, with 160 playing more games than they had prior to age 70.

Lead author Drew M. Altschul, PhD, University of Edinburgh, United Kingdom said, "Playing games might have a modest effect on the healthy decline of cognitive abilities, but this study was not an intervention, so we do not have surefire causal evidence". "Playing games can be seen as one facet in a healthy lifestyle that consists of other behavioral modifications a person can make, such as getting more exercise, not smoking, not drinking to excess, and eating healthier foods [all of which] might be beneficial for healthy cognitive aging."

The take home message: games are an inexpensive way to have fun, spend time with people you care about, and maybe do something positive for your brain health.



Geoff


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27 - 29 March 2020
Ulumbarra Theatre Bendigo
Tickets on SALE NOW!




Women in Rotary 

*International Women's Day
Breakfast*

THURSDAY 5 MARCH 2020 | AT 7AM - 9AM
THE PALLADIUM



A Seat At The Table

This event brought to you by Rotary Brighton North & Rotary Melbourne

MONGOLIAN CULTURAL IMMERSION TRIP

You are invited to come and meet the 4 girls, 3 boys and 2 chaperones comprising the visiting group from Mongolia.



A Club Day has been organised to give you all the opportunity to meet, chat to and enjoy the company of our visitors.

So please put the date in your diary now!! - Sunday 12 January 2020.

At Clifford Park Scout Activity Centre, 7 Clifford Drive, Wonga Park.

Come from 10.30am onwards, stay for lunch and join in the activities until 4.00pm.

Contact Jane or Estelle for more information.



Clifford Park - Aussies teaching archery to Mongolians – January 2018

Editors note:- It was the Mongols who invented the Composite Bow that Genghis Khan adapted as a weapon of war. Warriors could use the bow effectively while on horseback which was a major contributing factor to the Mongols conquering large tracks of the then known world.

The Mongol bow is rated as effective as the English long bow with a firing distance of 500 yards and accurate to 200 yards with armour piercing capability.

A Beautiful Place to Live...

I was chatting with a new resident who had been in the house for a grand total of four hours. He said, 'This looks like the best place I have ever lived.' His gaze shifted to the sound of raucous laughter from a group at the pool table and he asked nervously, 'Are they drunk?' 'No' I said, 'they are just having fun.'

As I left the building, one of our female residents stopped me to say. 'This is a beautiful place to live. I feel at peace here'.

How do we manage to house large numbers of vulnerable people under one roof and have people say it is the best or most beautiful place they have lived? What makes us different?

. They wanted to love, care and serve people within their neighbourhood. They took on the management of Carrical House because, if they didn't, poor people were going to be made homeless. What values and characteristics did they embody? Care, community, respect and compassion. Treating people as individuals. Believing in them. Encouraging them. Loving them. Sharing life together. In a bureaucratic, risk-averse world, we are managing to hold those values close and provide safe, accepting communities for people to live.

Matt and Jez, our management team at Carrical, moved out last September when Matt was married. They both reflected that their lives have been forever changed from the experience and now intend to pursue careers that have purpose and change lives. Martin, our day manager at Hamer has moved to Carrical and we have welcomed Karina in his place at Hamer. We thank all our wonderful staff and wish them well.

In their place, we welcome the Blencowe family. Matt and Hannah Blencowe were managers a few years ago but return now with two children, Ari and Eva. Watching the residents decorate the Christmas tree with the children was a joy. On Christmas day, all our residents will receive gifts through the Boroondara Community Outreach Service and the Josh Frydenberg Kooyong Giving Tree Appeal. Here are the links if you are interested in donating:

Amanda Donohoe, CEO



ENTRY IS FREE
BBQ & SOFT DRINKS BY DONATION

THURSDAY 23 JANUARY 6-9PM
18-20 MASON ST. HAWTHORN

JANUARY JAZZ @CARRICAL

CREPES FOR CHANGE FOOD TRUCK
ALCOHOL-FREE EVENT

STEVE WADDELL'S CREOLE BELLS REVIVAL BAND
ft. Beverley Sheehan

GET YOUR FREE TICKETS:
[BIT.LY/JANUARYJAZZ](http://bit.ly/januaryjazz)

POLLY & THE BLUEBOTTLES

BYO DECK CHAIRS AND RUGS
LIMITED CHAIRS AVAILABLE

Second Bite Roster – Dec `19 & Jan/Feb/Mar/April `20

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
19	Dec	Hugo Goetze	
9	Jan	Jim Studebaker	
16	Jan	Jim Studebaker	
23	Jan	John McBride	
30	Jan	Rob Head	
6	Feb	Greg Cribbes	
13	Feb		
20	Feb	Garth Symington	
27	Feb		
5	Mar	Greg Cribbes	
12	Mar		
19	Mar		
26	Mar		
2	April	Garth Symington	
9	April		
16	April		
23	April	Greg Cribbes	
30	April		

Meeting No.25		Thursday, 12th December 2019
Present:		
Guest Speaker	1	Catherine O'Connor - Rotary's Work to end Polio Worldwide
		Catherine - RC Laverton-Point Cook & Chair of D9800 Polio Plus C'ttee.
NB Members	40	For Membership of 68, = 58.8% attendance.
Visiting Rotarians	1	Ken Maxfield - RC Yea
Partners	1	Carol Studebaker
		Meal Booking Revised from 50 to 46
External Activities	33	<u>CAMBERWELL Sunday Market</u> , 8/12 - Brian Thomas, J.Jayasinghe ; 2nd BITE delivery to CamCare, 12/12 - Garth Symington; <u>FARESHARE</u> - Jane Pennington; <u>MEN'S SHED</u> , 9/12 & 12/12 - David Cheney, Peter Elliott (2), Tony Hart & Greg Matthews (2) ; <u>SCHOOLS READING PROJECT</u> , 3/12 - Estelle Kelly & Phil Wade (last this year) ; <u>DIK</u> - Peter Sutherland(2) ; <u>CATERING</u> , 6/12 - Geoff Haddy, Jagath Jayasinghe, Ian Richardson, & Nino Sofra ; <u>CATERING</u> 10/12 - John Gartlan, Geoff Haddy, Nino Sofra(2), Ian Richardson, Don Taylor, Eileen Toohill & Tak Yukawa ; Greg Ross - <u>ARH meetings</u> (3). <u>DROUGHT RELIEF PROG.</u> 9/12 Visit to RC Numurkah - Greg Cribbes, Rob Head & Geoff Kneale
Next Week's MEMBER absences - 7 LOA plus 9 Apologies so far (12th Dec.).		
Also a Partners Meeting - 13 attending so far (12th Dec.)		

Catering Roster 2020				
23rd Jan2020	Servants Jazz Night		5 pm. To 8.30pm	
	Servants			
		1	Tony Wells	4 Greg Matthews
		2	Nino Sofra	5 Garth Symminton
		3	Marcel Muntwyler	6 Geoff Stiniecke
1 February	Summer Music Festival			
Saturday	St James Park		5.30pm to 9.00pm	
		1	Nino Sofra	5
		2	Bill Oakley	6
		3		7
		4		8
8th February	Summer Music Festival			
Saturday	Greythorn Park		5.30pm to 9.00pm	
		1	Nino Sofra	5
		2	Bill Oakley	6
		3		7
		4		8
15th February	Summer Music Festival		5.30pm to 9.00pm	
Saturday	Canterbury Gardens			
		1	Nino Sofra	5
		2	Jane Penington	6
		3		7
		4		8
28th Feb, 2020	BUNNINGS BOXHILL		8:30am to 12:00pm	12:00pm to 4:00pm
FRIDAY	Middleborough Rd			
		1	Don Taylor	5
		2	Nino Sofra	6
		3		7
		4		8

New dangerous airbag sparks urgent recall

Courtesy: RACV Newsletter



BMW recalls 12,000 cars after suspected Australian airbag death.

More than 10,000 BMW owners previously unaffected by Takata airbag warnings have been told to stop driving their cars immediately after authorities identified a new type of potentially dangerous airbag.

The Australian Consumer and Competition Commission has issued the warning following two recent crashes in Australia involving suspected faulty airbags, which resulted in a death and a serious injury.

The ACCC warns that a different type of Takata airbag, not subject to earlier recalls, has been identified that poses a "critical" risk of death or serious injury.

BMW in Australia on 7 November launched a voluntary recall of 12,000 BMW E46 3 series cars made between November 1997 and June 2000 after safety authorities discovered a "pattern of abnormal airbag deployments" in these cars in Australia, Japan and the US.



CAMBERWELL SUNDAY MARKET ROSTER – No 70

Sunday	6.45am – 10.00am		9.45am – 1.00pm	
29 December	Greg Ross		Ted Wilkins	
5 January	Don Taylor	Bill Oakley	Tak Yakawa	
12 January	Sue McDonald	Greg Cribbes	Geoff Steinicke	Greg Cribbes
19 January	Rowan McClean	Tony Wells	Peter Elliott	John Magor
26 January	Andrew Sutherland	Jane Pennington	Marcel Muntwyler	Jane Pennington
2 February	Estelle Kelly		Nino Sofra	
9 February	Tak Yukawa			
16 February	Don Taylor		Eileen Toohill	
23 February	Garth Symington		Janie Pirret	
1 March	Jim Romanis		Barry Cummings	
8 March	Tak Yukawa			
15 March	Estelle Kelly			
22 March	Neil Marshall			
29 March	Nino Sofra		Findley Cornell	
5 April				
12 April				
17 April				
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				

**FROM
JANUARY WE
REQUIRE 2
PEOPLE EACH**

**FROM
JANUARY WE
REQUIRE 2
PEOPLE EACH**

The sun can turn your car into an oven in just minutes

Courtesy: <https://www.kidsafevic.com.au/newsletters/november-2019>

Monash Children's Hospital is the latest organisation to partner with Kidsafe Victoria as part of the campaign, installing 'Do Not Leave Children In Cars' signs in prominent positions throughout their hospital car parks, as a visual warning for all visiting families, to always take children with you when you leave a vehicle.

Leaving children unattended in a car, even for a short period of time, can be fatal. Did you know that the temperature inside a parked car can be 20-30 degrees hotter than outside, with the majority of the temperature rise occurring in a matter of minutes? That means that on a typical summer day, the temperature inside a parked car can easily reach over 60 degrees, which can be fatal for children. They are particularly at risk because they can lose fluid quickly, become dehydrated and suffer from heatstroke.

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