



Club Meeting 12 September

Award winning ABC reporter Louise Milligan provided an insight to investigative journalism at last week's meeting, particularly in relation to her work on child abuse and the Catholic Church and the events which have resulted in the legal proceedings brought against Cardinal George Pell.

Louise, who works for the Four Corners program, outlined the measures available to authorities which place pressure on investigative journalists and their sources, including whistle-blowers. Recently publicised examples included police raids on the ABC in Sydney and a journalist in Canberra.

Louise went on to discuss aspects of the issues surrounding the Pell case and the book which she has written – Cardinal, The Rise and Fall of George Pell – a publication which has received both acclaim and criticism.

Louise has comprehensively researched the issues over several years and has personally interviewed many of those directly involved. The result is a forensic study of allegation and fact surrounding child abuse and the Catholic Church. She acknowledged the impact these issues have had on many people.

In the process Louise was pressured to disclose sources who provided information to her in confidence, which she resisted. She was also called as a witness in George Pell's committal hearing where she gave evidence and was cross examined for six hours, which she said was a gruelling experience.

Louise Milligan's presentation provided a context to the issues surrounding Cardinal Pell and the legal proceedings and her presentation was well received by more than sixty members and guests.

Editor: Our thanks to Tony Wells for the Speaker's report



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

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/>

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

Dear Members,

We are once again belonging to one of the top performing charities in the world. Click on the link below and discover the excellent efficiency that the Rotary Foundation has delivering donated funds to projects goals.

[Rotary Foundation receives highest rating from Charity Navigator for 12th consecutive year](#)

For the 12th consecutive year, The Rotary Foundation has received the highest rating — four stars — from Charity Navigator, an independent evaluator of charities in the U.S.

The Foundation earned the recognition for demonstrating both strong financial health and commitment to accountability and transparency. Only one percent of the organizations Charity Navigator evaluates have received 12 consecutive 4-star evaluations.

"Attaining a 4-star rating verifies that The Rotary Foundation exceeds industry standards and outperforms most charities in your area of work", says Michael Thatcher, President and Chief Executive Officer of Charity Navigator. "This exceptional designation sets the Foundation apart from its peers and demonstrates to the public its trustworthiness."

The rating reflects Charity Navigator's assessment of how the Foundation uses donations, sustains its programs and services, and practices good governance and openness.



This week is the National
"R U Ok Day"
Read More [HERE](#)

R U OK? Day is our national day of action dedicated to reminding everyone to ask, "Are you OK?" and to remember every day of the year to support people who may be struggling with life's ups and downs.

We want everyone to feel confident they know the signs someone might need support by listening to what they're saying, seeing what they're doing or knowing what's going on in their life. Whenever you notice a change, no matter how small, we want you to trust your gut and start an R U OK? conversation.

LEARN THE SIGNS



Nearly 1 in 2 Australians (49%) believe they'd be more confident starting an R U OK? conversation if they knew the signs that could indicate someone's struggling with life.

[LEARN THE SIGNS](#)

Have a great week in Rotary

President Pete And remember The Meeting next week is at Eva Tilley Aged Care. 6.00 pm for 6.30pm.

MEETING ROSTERS

Thursday 19 September Greeters: John Gartlan, Duncan Ansell Setup Not required Desk: David Cheney, Jane Pennington	Visit to Eva Tilley Aged Care Facility This meeting is not at the Kew Golf Club. Speaker: Sharelle Rowe, CEO of Eva Tilley Host: Ian Adams Topic: Eva Tilley Update
Those who recall our last visit to Eva Tilley two years ago, will be amazed at the changes and renovations since then. An enjoyable and informative evening, with our meal cooked by Eva Tilley's ever-reliable volunteers.	
Thursday 26 September Greeters: Janie Pirret, Tony Hart Setup Phil Wade, Phil Francis Desk: Tak Yakawa, John Magor	GRAND FINAL NIGHT PARTNERS NIGHT Speaker:- Ray Wilson OAM Hawthorn player 1966-71 HOST:- Eileen Toohill Topic:- People who make our game great.
Thursday 3 October Greeters: TBC Setup TBC Desk: TBC	Speaker:- Francis Deng HOST:- Ian Adams Topic:- From Sudanese boy soldier to Australian Citizen

Guest Speaker	1 Louise Milligan - Author of "The Rise and Fall of Cardinal Pell".
NB Members	44 (one no meal)
Visiting Rotarians	2 Ken Maxfield (Yea), PP Frank O'Brien (Central Melb.)
Partners	7 Alison Adams, Robyn Elliott, Helen Mary Gartlan, Diane Goetze, Lyn Schwartz & Judy Steinicke.
Alumni / FofR	1 Brenda Bowden
Guests	10 Peter Fitz (former Rotarian & PP Preston) - Russell Cooper
	Margaret Bell, Maria Brownell, Julie Galbraith, Matthew Galbraith (all Helen Mary Gartlan); Margaret Pell (John Gartlan); Jenny Steinicke (daughter of Geoff & Judy).
	Members Present 44 = 64.7% ; Membership = 68
External Activities	19 'CAMBERWELL Sunday Market, 8/9 Greg Cribbes,
	GARDENING PROJECT 6&7/9, Greg Cribbes, Estelle Kelly, Garth Symington ;
	'2nd BITE delivery to CamCare, 5/9 Greg Cribbes ; 'DIK - Peter Sutherland ;
	SCHOOLS' READING PROJECT - in recess for lead up to and School term holidays.
	MEN'S SHED 9&12/9, Peter Elliott (2), & David Cheney; Fairshare - Jane Pennington;
	CATERING 7/9 - Bill Oakley, J. Pennington, I. Richardson, P. Sutherland, J. Studebaker,
	& T. Wilkins.; 'RC Sorrento - George Swanson; RC Caroline Springs - Bill Oakley (RAM)
	Apologies for next week - 10 plus 12 LOA.

Birthdays and Anniversaries between September 16 to September 22

Weddings:	NIL
Birthdays:	Christopher Lai, Nadia Ranson, John McBride, Stan Hibbert, Paul Fitz, Margeret Wilkins, Tak Yakawa
Inductions:	Phil Francis

Geoff's Health Tip**You don't like Broccoli?**

"I don't like broccoli and I haven't liked it since I was a kid and my mother made me eat it, and I'm President of the United States and I'm not going to eat any more broccoli" George H.W. Bush.

I would guess that George H.W. Bush does not like any cruciferous vegetables, such as brussels sprouts, cauliflower and kale even though we know they are good for you. For many people (about 25% of the population) these vegetables taste bitter and they eat carrots, peas and beans instead.

I must profess I see people at dinner pushing their vegetables aside and they probably see a look of disdain on my face. If I know the person well I might make a comment but it makes no difference - they don't like them.

The differences discovered in our taste receptors go back to our heritage. It most probably depends on the types of plants that were present in the environment of our distant ancestors.

In a nutshell, all foods are chemicals whether they are commercially grown, organic or grown in the backyard. In the case of broccoli and other cruciferous vegetables it is the presence of thiourea in the plant that 25% of the population find bitter or unpleasant.

Of course thiourea is not the only chemical that people might find unpleasant and so people avoid certain foods but enjoy others - it all depends on the taste receptors on our tongue and in our mouth cavity.

But you do like sugar, and the reason is that all of our ancestors relied on honey and ripened fruits that were high in sugar for energy. The love of sweets is embedded in our evolutionary heritage and is a very hard habit to break. However, some people don't like sweets and here again is an evolutionary change that was found to be due to a gene variant in our tooth enamel. People with this variant already feel sweetened - how depressing!

**Geoff**

Excerpts from September 2019 issue of National Geographic





**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



DISTRICT 9780 WELCOMES ROTARY INTERNATIONAL PRESIDENT MARK DANIEL MALONEY TO BALLARAT

Rotary 
District 9780

PRESIDENTIAL DINNER

Tuesday,
24 September 2019

6.30pm pre dinner drink
7.00pm dinner

The Mercure Ballarat
613 Main Road,
Ballarat VIC

COST: \$60/person (incl. booking fee)
Includes 2 course meal
& pre dinner drink.
Drinks at bar prices.

Tickets available at
<https://www.trybooking.com/BDVLC>

PEOPLE OF ACTION: www.rotary9780.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
19	Sept	Imre Lele	Geoff Haddy Garth Symington
26	Sept	John McBride	
3	Oct		
10	Oct		
17	Oct		
24	Oct		
31	Oct		
7	Nov		
14	Nov		

CAN YOU HELP FILL THESE VACANCIES?

2nd Bite Roster also available on our website

<https://rotarynorthbalwyn.com.au/page/second-bite-roster>

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

Also on our website <https://rotarynorthbalwyn.com.au/page/catering-roster>

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 Downton
		4	Estelle Kelly	
		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		
16 October	Hawthorn Arts Centre		10.30am to 2.30pm	
Wednesday		1		2
		3		4
		5		6
		7		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		
31 October	Halloween		5.30pm to 8.00pm	
Thursday	Greythorn Traders	1		2
	Greythorn Village	3		4
		5		
2 November	Maserati Club		7.30am to 2.00pm	
Saturday		1		2
		3		4
		5		6
		7		8

Gardening Schedule

SCHOOL HOLIDAYS

Friday, September 20, 2019	Rotary Team X 6	Hilda Street. 2.>>4PM	N Marshall.	I Glenny. G Symington.
Friday, October 11	XC	3.45-5pm	G Symington	E Kelly
Saturday, October 12	MLC	10-noon		M. Muntwyler
Thursday October 17	XC Mannix	9.30-1.30		T Yakawa
Friday October 18	CGS, XC	3-5pm	G Cribbes	J Pirret
Saturday, October 19	MLC	10-noon	S Hardikar	A Stokes
Friday, October 25	CGS, XC	3.45-5pm	G Symington	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 Glenny
Please complete as circulated at meetings				Advise availability to Neil Marshall



CAMBERWELL SUNDAY MARKET ROSTER – No 56

Sunday	6.45am – 10.00am	9.45am – 1.00pm
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 Yakawa	Maurie Walters
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		
19 January		
26 January		
EMERGENCIES	If available	John Gartlan 9859 8559
	If available	David Cheney 0417 355 370
	If available	Tony Wells 044 077 647
	If available	Adam Hillary 0412 191 413
Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com		
Also on our webpage at https://rotarynorthbalwyn.com.au/page/sunday-market		



Rotary
Club of Yea

YEA



GARDEN EXPO

21 & 22 Sep 2019

9AM-3PM

Location: Yea Saleyards

Flat Lead Road, Yea - see website for directions

Only an hour from Melbourne !



Native & flowering plants
Garden sculptures
Motorised barrows & vehicles
Garden tools & Vegetable bins
Seedlings
Mulch, fertilisers & compost
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Speakers Program
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***FOOD & DRINKS
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Entry \$7 for adults - kids FREE !

FREE PARKING

Contact: yeagardenexpo@optusnet.com.au

www.yeagardenexpo.com.au

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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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*