



MEETING REPORT "Gardening In Winter" – Speaker Tony Alsop.

You have been doing it all wrong!

Acorn Nursery is undoubtedly one of Melbourne's best quality nurseries served by 8 fully qualified horticulturists. This week, Host Imre Lele introduced Acorn Nursery's long term manager Tony Alsop, and he delivered some startling news to the hushed audience of green thumbs.



1. Never, ever, tease your roots upon planting! Once removed from the pot, the white roots we see, that have formed the shape of the pot, are the feeder and drinker roots. Don't tease (translation – "destroy") them. You might scour them with your thumb but do not tease!

Planting

Tony clearly and funnily described the three FAILS of planting –

1. Teasing, destroying the roots;
2. Planting into impoverished soil – eg Zoo Grow Compost, Aquasol, Osmocote. Your new plant has been nurtured by professionals in rich soil. Melbourne soil is generally of poor quality. 95% of plant roots grow laterally. Therefore organically enrich the soil more so to the sides of the new plant;
3. Planting too deep. Ensure the neck/collar of the new plant sits clearly above the level of the soil. Never plant deeper than the plant sits in its original pot. The drinker and feeder roots need to feed upwards to the body of the plant.

Pruning Roses

While there is contention around what tools to best prune, Tony promotes hedge clippers, "*The worst thing you can do is to NOT prune at all*". Your roses need clipping back in order to promote new growth, extend the life of the rose and to increase its productivity.

Prune 3 or 4 times per year –

- 1st Prune - Winter requires a hard prune (75% of the plant) before the shortest day of the year, 22nd June;
- 2nd Prune - Oct/Nov after the first flowering should be the time of your 10-15% trim;
- 3rd Prune - Mid to late summer is a stressful time for the plant so prune it back lightly again;
- 4th Prune – This last pruning should be done before the 5th March.

Tony provided us with many tips, a thorough education, including three flyers on Soil Preparation, Gardenias and How To Stop Rose Black Spot.

Start pruning – one week to June 22.



Host Imre Lele thanking Tony Alsop for his presentation

Our Leadership



RI President
Barry Rassin



DG 9800
Bronwyn
Stephens



AG Eastside
Barry
Hickman



President
RCNB
Nino Sofra

MEETINGS THURSDAYS

6 for 6.30pm
Kew Golf
Club
120 Belford
Road Kew
3102
Ph.
9859 6848

Club Diary

Club Changeover Greenacres 28 June
Miniatures Glen Waverley 13–14 July
Camp Getaway Working Bee 11–13 October 2019
Fellowship Weekend 15–17 November 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 if you know in advance.

Or E-mail to apologiesrcnb@gmail.com

Please apologise no later than 5pm
on Monday.

AROUND THE CLUB

Estelle Kelly and Greg Ross keeping warm at the Sunday Market.

Stage Set up for the Comedy for Drought Relief.



The Rotary Club of Canterbury again conducted their annual multi-club food packing evening last Tuesday evening.

This is an emergency food relief program which provides assistance to some of the most disaster prone areas in the world.

Each food pack contains a nutritious meal for a family of 5-6 people.

Our club was represented by a team of 12 `packers` comprising of our President Nino and Bev, incoming President Elect Peter and Sally Sutherland, Rotarians Philip Wade and Garth Symington, but more importantly we had a number of potential Rotoractors and Interactors in the group, to give them a good taste of hands on Rotary at work.

It was an incredibly busy and rewarding two and a half hours , in which the overall group packed an amazing 39,740 meals.

A fantastic multi-club project.`



MEETING ROSTERS

Thursday 20 June	Speaker: Sergeant Mark Boysen -
Greeters: Ted Wilkins, Tak Yakawa	Host:- Geoff Kneale
Set Up: Garth Symington, Phil Francis	Topic:- Victoria Police Dog Squad
Desk: Brian Thomas, Duncan Ansell	

CHANGE OVER NIGHT Friday June 28 Greenacres Golf Club 6:00 for 6:30 pm
Say farewell to Nino! Hello Peter!

Bookings: RSVP to Jane Pennington jane.pennington@bigpond.com

Payments: \$65 per person must be paid **in advance**. No meal payments on the night.

By EFT to Club's Admin account BSB 633 00 A/c 1464 706 53

Please include **your name** and **changeover** in the internet field to enable identification.

Or after Thursday's Meeting pay by cash, cheque or EFTPOS,

Or cheque to RCNB, PO Box 135, North Balwyn.

Friday 28 June	Host:- President Nino Sofra
Greeters: Janie Pirret, Greg Matthews	
Set Up: Not Required	
Desk Not required	

Meeting No.48

Thursday, 13th June 2019

Present:

Guest Speaker 1 Tony Alsop - Acorn Nursery.

NB Members 46 = 65.7% ; Membership = 70

Apologies (on time) = 11, LOA = 10, late apologies = 3

External Activities 15 CAMBERWELL Sunday Market 9/6 - Estelle Kelly & Greg Ross

(Board Approved) 'SCHOOLS' READING PROJECT 11/6 - E.Kelly, B.Oakley, J.Pirret & P.Wade.

2nd BITE delivery to CamCare, 13/5 - Geoff Haddy; DIK Pete Sutherland.

MEN's SHED 11 & 13/6 - David Cheney, Peter Elliott (2), Tony Hart (2), Greg Matthews

FARESHARE - Larry Fitzpatrick. RC Preston - Greg Ross.

Absences.

Apologies for Thurs 20th June :- 12 LofA and just 2 apologies so far.

Birthdays and Anniversaries between June 17 to June 23

Weddings:

Birthdays: Ted Wilkins

Inductions: John Magor, Russell Cooper, Brian Lacy, John Koa, Ian Richardson

Geoff's Health Tip

Why do People Ignore Good Nutritional Advice?

With poor diet now overtaking smoking as a health hazard, 'Nobel for Food' winner Simon Groot said "the world must put good nutrition over empty calories. In particular, people are eating more starchy foods such as wheat and rice and not enough nutrient foods such as nuts, vegetables and pulses".

This week, the British Medical Journal published the results of a survey taken over 8 years that showed an increased risk of death attributed to the consumption of red meat over this period. It is now quite clear that increased consumption of red meat, especially processed red meat that contains high levels of saturated fat, sodium and preservatives, has been tied to an increased risk for chronic diseases such as cardiovascular disease, type 2 diabetes and cancer.

The results also suggested that substituting red meat with healthier alternatives, such as fish, whole grains and vegetables, as identified in the Mediterranean Diet, may lower the risk of premature death.

Recent articles in the press identified colorectal cancer was one of the more serious cancers, rating third of the more commonly diagnosed cancers in Australia. In particular, its incidence in Australia was amongst the highest in the world, with more than 16,000 cases diagnosed in 2016.

Again, the results of research have made it clear that eating more fibre, especially resistant fibre, lowered the risk of colorectal cancers.

Why do people ignore good nutritional advice?

- * Is it because it does not suit them?
- * Is it because they are unwilling to accept different views?
- * It is difficult to reason why there is an aversion to fruit and vegetables as, in my experience, fruit and vegetables provide the best value for money of all food categories.
- * Is there a tipping point where people may consider following good nutritional advice? Probably there is, but it should not be at the point of a decision on one's mortality.

Geoff

2019/2020 ENTERTAINMENT BOOK

2019/2020 ENTERTAINMENT BOOK

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



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Rotary

The Rotary Club of North Balwyn
invites you and your partner to our

Changeover Dinner



Date:	Friday 28 June 2019
Venue:	Greenacres Golf Club, 51 Elm St, East Kew
Time:	6.00pm for a 6.30pm start
Cost:	\$65.00 per person Which includes a two course meal, drink on arrival and wine on the table. Other drinks will be at bar prices.
Payment:	Cheque payable to the "Rotary Club of North Balwyn" or Direct deposit into the RCNB bank account: BSB: 633 000 Account Number: 146470653 Account Name: Rotary Club of North Balwyn Admin Account Please put reference: Your name and Changeover
RSVP:	To Jane Pennington by 10 June 2019
Email:	Jane.Pennington@bigpond.com or Phone: 0408 402 555
Dietary:	Please list any dietary requirements at the time of rsvp'ing.
Dress :	Lounge Suit / smart casual with a splash of purple.
Questions ?	Contact Jane Pennington for more information

Rotary
District 9800



Rotaract



District 9800 Changeover



BE THE INSPIRATION

2018-19

to



2019-20

Sunday, June 30, 11:30 pre-lunch drinks for midday start

Lakeside Banquet and Reception Centre

65 Melton Highway, Taylors Lakes

Adult \$70, Child \$45. Includes 2 course lunch and drinks

Book and pay via TryBooking by Sunday 16th June 2019

<https://www.trybooking.com/473703>



Proudly supporting



Ron Liner has lived with Kidney disease for 6 years and undergoes dialysis to clean his blood. This involves going to hospital 3 times every week and being connected to a machine for about 4-5 hours each time. He is keen to raise awareness and funds to help others struggling with this disease.

With the support of Kidney Health Australia, we invite you to a gala dinner at the Dingley International Hotel, Moorabbin, on Wednesday 31 July. Join us for a night of uplifting entertainment.

Internationally acclaimed concert pianist Alan Kogosowski will perform with inspirational words from Dr Eugenia Pedagogos and Dr Peter Larkins, along with added musical entertainment from brilliant musician Simon Ross. The special evening will be hosted by Australian actor and former Cop Shop star Gregory Ross.

PLEASE JOIN US ON
31 JULY

AND MAKE IT A WONDERFUL NIGHT
PROMOTING KIDNEY HEALTH!

Tickets can be arranged either as a table of 10 or individually via

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

enquiries: 0414 33 77 23

I HAD MY PATIENCE TESTED



I'M NEGATIVE

**I DON'T BOTTLE MY
FEELINGS**



**THE PHARMACIST
DOES THAT FOR ME.**

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
20	June	Rob Head	
27	June	Greg Cribbes	
4	July	Garth Symington	
11	July	Jim Studebaker	
18	July	Jim Studebaker	
25	July	Hugo Goetze	
1	Aug	Geoff Haddy	Garth Symington
8	Aug	Steven Greatorrex	Hugo Goetze
15	Aug		Hugo Goetze Geoff Haddy
22	Aug		Hugo Goetze Geoff Haddy
29	Aug	Garth Symington	Hugo Goetze Geoff Haddy
5	Sept		Geoff Haddy
12	Sept		Geoff Haddy Garth Symington
19	Sept		Geoff Haddy Garth Symington
26	Sept		



CAMBERWELL SUNDAY MARKET ROSTER – No 43

Sunday	6.45am – 10.00am	9.45am – 1.00pm
23 June	Tony Wells	Colin Sharp
30 June	Tak Yukawa	Brian Lacy
7 July	Bill Oakley	Marcel Muntwyler
14 July	Rob Head	Anthony Stokes
21 July	Geoff Haddy	Findley Cornell
28 July	Geoff Kneale	Brian Lacy
4 August	Peter Sutherland	Janie Pirret
11 August		Ian Richardson
18 August		
25 August	Garth Symington	Colin Sharp
1 September		
8 September	Greg Cribbes	Adam Hillary

Please let me know as soon as possible if you are cancelling
[Geoff Steinicke Mob 0418 175 130 email geoffsteinicke@bigpond.com](mailto:geoffsteinicke@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

23 June	Reclink		10am to 2pm	1.45pm to 6pm
Sunday		1	Jagath Jayasinghe	Eileen Toohill
		2	Nino Sofra	Nino Sofra
		3	Pete Sutherland	Pete Sutherland
		4	Andy Steinicke	Andy Steinicke
		5	Bev Sofra	Bev Sofra
		6	Tess Rowles	Janie Pirret
		7	Parent Rowles	Geoff Steinicke
		8	Bill Oakley	Bill Oakley
29 June	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1	Bill Oakley	Bill Oakley
	Box Hill	2	Greg Cribbes	Brian Lacy
		3	Jagath Jayasinghe	Janie Pirret
		4	Rowan Morrow	
		5	Carolyn Morrow	
	Eftpos M/c Manager			
13 July	Miniatures		8.30am to 12.30pm	12.00pm to 4.00pm
Saturday	Glen Waverley	1	Jane Pennington	Barry Cummings
		2	Reg Parsons	Kristine McDonell
		3	Geoff Steinicke	Jane Pennington
		4	Pete Sutherland	Pete Sutherland
		5	Jagath Jayasinghe	Jagath Jayasinghe
		6	Naomi Uehara	Naomi Uehara
		7		
		8		
14 July	Miniatures		8.30am to 12.30pm	12.00pm to 4.00pm
Sunday	Glen Waverley	1	Jane Pennington	Jane Pennington
		2	Reg Parsons	Eileen Toohill
		3	Pete Sutherland	Jim Studebaker
		4	Jim Studebaker	Janie Pirret
		5		
		6		
		7		
		8		

Rotary Gardens Project

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
SCHOOL HOLS				
Fri 19 July	CGS, XC	3-5pm	G Haddy	I Glenny, J Pirret
Fri 26 July	CGS, XC	3-5pm	G Symington	I Glenny, J Pirret
Sat 27 July	MLC	10-noon		T Yakawa
Fri 2 Aug	CGS, XC	3-5pm	R McClean	I Glenny
Fri 9 Aug	CGS, XC	3-5pm		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 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	
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		
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 [Geoff Haddy](#)

**I told my job that
3 companies
were after me
and that I needed
a raise!
He asked which 3
companies?
I said Gas,
Electricity and
Water!!!**

**TIME TO BREAK
OUT**

New Zealand
Safety Shoes

THE WINTER CLOTHING

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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TRAVEL

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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